The Cairn

THURSDAY, SEPTEMBER 23, 2004

Hotel Reservations for New Castleton Hall

KRISTINA COLLINS

While many Castleton State College students received their campus housing placement in July, about 80 others received a hotel reservation. These 80 upperclassmen chose to live in Castleton Hall at room draw last semester, and later found out that it would not be finished.

In July, it became apparent to CSC administration and the contractor, DEW Construction Corporation of Williston, Vermont, that the building would not be complete by August 15, according to Dean of Students Greg Stone. On July 10, the college notified 152 Castleton Hall residents. Dennis Proulx, director of residence life, said the alternative was to deny 80 students on campus housing and that was not an option. By the end of the year, any student who is not in a regular space will get a $200 rebate from the college.

Currently, 70 people are working to finish construction, according to Jack Dougan, project superintendent for DEW Construction Corporation. The group started on the actual building on February 1, 2004 and will turnover the dorm for residency on October 15. The fitness center and other construction to the building should be completed within month of the move-in date.

October 15 is the move-in day for the Castleton Hall students. Students may stay in the hotel during October break, but will have to checkout during the following week. The school will provide a U-Haul truck and the bus shuttle so that students can take their time to move into the new building.

The school is paying for the hotel rooms, rebate and bus that shuttles the students from Rutland to campus. The college had been looking into alternative housing before this in case the building was not finished. They chose The Comfort Inn on Rt. 7 South in Rutland, and have used this hotel in the past for guests. The Comfort Inn has 104 rooms, 3 floors, complimentary breakfast, a pool, hot tub and a restaurant.

CSC students occupy about 40 rooms, Seth Hodge, area coordinator for Castleton Hall said.

"All 80 students are doing a wonderful job portraying our campus. They are leaving a good image of this campus."

The Red Roof Inn, also on Rt. 7 South in Rutland currently houses 24 CSC students, and will hold 15 by the end of the month.

Sophomore Heather Denardo, a CA for Castleton Hall, said that students in the Comfort Inn have been interacting really well with the hotel staff. "I think that the students are more respectful," she said. "It's been really quiet."

Hotel students travel back and forth from campus on the Rutland Transit Authority's bus shuttle. This bus runs from 7 a.m. until 10 p.m. on weekdays and 10 a.m. until 7 p.m. on weekends. It is about a 15-minute ride to Rutland from Castleton, and the bus occasionally has to stop in the terminal for safety checks on its way through Rutland.

The biggest complaint from students is their lack of, or poor, Internet service. The Comfort Inn has dial-up connections, so the school provided 45-day trial demo disks for students. The Red Roof Inn has high speed Internet connection, but students staying there also have complaints. Students are used to keeping their computers online all day with high-speed connection on campus, but this is not always available at the hotel.

There are no freshmen students in the hotels so that they would be able to get accustomed with the campus. These other 70 Castleton Hall residents are currently in overflow housing on campus. The college has tripled double occupancy rooms to fit all of the residents on campus, but the school did not want to make students uncomfortable, and decided to use the hotel.

Plans for the new building began over a year ago for a four-story building. Because of a water issue, the architect, Jay Mcoola and Zilch, had to redesign the building to three stories. Later, when the construction company broke ground in January 2004, they soon found an old

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Bush and Kerry on the Issues

BETH CROSBY

Come November, the citizens of the United States will have a very important decision to make. Should we re-elect our current President, George W. Bush, or should we elect a new face to the White House, Senator John Kerry?

How well do we really know the candidates? Sure, we see them on TV and hear a little bit about their positions on the issues, but the truth of the matter is that few of us really *know* the candidates. With such an important decision to make, knowing how the candidates feel about certain issues is extremely important.

Two issues that are front and center during this political year are Homeland Security and the Economy. Since 9/11, the safety and security of our country has become a big issue to Americans. And the economy has always been an issue that has garnered particular attention for obvious reasons.

The Economy

According to his website, http://www.johnkerry.com, Senator Kerry has four plans for building a stronger Economy. He plans to create good-paying jobs by cutting "taxes for businesses that create jobs here in America instead of moving them overseas." He also is planning to cut taxes for 99% of American businesses and 98% of all Americans. Senator Kerry, if elected president, hopes to "cut the deficit in half during his first four years in office." Finally, Senator Kerry promises to "Invest in the Jobs of Tomorrow", jobs such as ones in the energy, steel and plastic industries.

President George W. Bush plans a few different ideas for the Economy of America. According to his website, http://www.georgewbush.com, he plans on providing $500 million for Jobs, which "will help educate and train high-skilled American workers in schools and community colleges." President Bush also plans to help Americans with their taxes, by making the tax code easier to understand, and to encourage them to save and invest their savings. One issue that has been in the news lately is the issue of overtime pay. President Bush plans to enable "employees to choose paid time off as an alternative to overtime pay." He also promises to provide assistance to help America create seven million new and affordable homes in 10 years. Finally, President Bush plans to help small businesses by allowing them to band together in order to offer their employees a more affordable health plan.

Homeland Security

President Bush plans to continue working on Homeland Security if he is re-elected. On his re-election website, President Bush claims that he will "continue to strengthen security at every identified vulnerability." He plans to do this by tightening border security and using video identification. The President also wants to continue his work protecting lives from attacks by weapons of mass destruction, which he calls Project BioShield. He also hopes to build on the Patriot Act by strengthening "communication, cooperation and coordination at every level of intelligence and law enforcement."

Senator Kerry identifies five major challenges within the Homeland Security arena on his website. If elected, he hopes to offer a new security strategy to address these challenges. The first challenge, track and stop terrorists, Kerry hopes to address by improving the intelligence failures that he claims allowed terrorists to slip into our country. He also plans to protect our boarders and shores without "intruding upon personal liberties." One concern Senator Kerry has is that chemical plants could be attacked—he claims the current administration has been influenced by industry lobbyist, thereby leaving our chemical plans vulnerable to attack. Finally, Senator Kerry plans to improve domestic readiness and guard our liberty.

These issues, combined with many other pressing issues, will be debated in the weeks and months to come before we head to the polls in November. Each of us will have a responsibility to inform ourselves about the candidates and the issues, and then make the best personal decision for which candidate deserves our vote.

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Castleton Hall is due to open in Mid-October. Everyone is counting the days.

sewage holding tank that was not on any maps. A lot of little things delayed the project, which should be completed six weeks after its original date of August 15.

This 45,000 square foot building will hold 152 beds and will stand next to a 10,000 square foot, two-story fitness center. Five CA's will occupy the three-story suite-style building. Each suite will have a single bathroom on either side with closet space, a kitchen sink and cabinets. Each suite can occupy eight people in four bedrooms. The furniture in the new dorm was chosen by student votes from the furniture fair in February. They will have loft beds and rocking desk chairs along with new furniture similar to Haskell Hall's new living room furniture.

Dean Stone summed up the situation by saying, **"I think the new dorm will be well worth**

Is Castleton Kerry Country?

RAY CHARLES

George Walker Bush, current United States Commander-in-Chief, could walk onto the campus of Castleton State *College and be received* as the man who disgusts Satan. My previous sentence may be considered an exaggeration by definition, but after an extensive investigation, I have come to realize this to be a disturbing truth. My assignment was to delve into *Castleton Sate College's* political belief system. But someone failed to mention the one-track consensus about the Presidential race.

A well-known professor, who shall remain anonymous, expressed his *standpoint during class* earlier this week. I ask, "So professor, are you going to vote for Bush?" At that time this professor so eloquently replies, "Are you a [expletive] moron?" That answered that first question, but what about the new question he had brought up? Is he a Kerry vote? I was not able to ask him that question due to a class discussion previously interrupted by my initial question. So what else to do except move on to the next best source of information…his students.

Majority, if not all of this professor's students are first time voters. This professor has a wonderful relationship with his students. The question of: How much will this professor's opinion persuade his students? After speaking to many of his students, it was beginning to become apparent that these handfuls of students '*coincidentally*' despise the current President of the United States…the same President their professor despises.

My investigation led me to Huden(Trust me, it wasn't the food). I approached a table of four females and two males. The two males had explained their political awakening, and how it had taken place due to a Film class they had taken last semester. The two males revealed themselves to be Kerry supporters. One says," One vote for Kerry is one taken away from Bush." Three of the females also reveal themselves to be Kerry enthusiasts, but the fourth has a different standpoint-she is a Bush fanatic. She explains her true Republican lifestyle, and beliefs over some Huden dogs and fries.

So whether or not Castleton Sate College is actually Kerry Country, it seems that George W. Bush has been outlawed or hated. Either way November is right around the corner.

Welcome to all our new *students and staff*, welcome back to our returning students and staff. It was a busy summer, and I cannot remember being so excited about seeing everyone back on campus. With good reason, there is so much happening at Castleton. President Wolk *covered many of the* improvements and changes during Convocation. If you missed Convocation, I suggest you review his remarks posted on Castleton's home page along with the eight 2004-2005 academic year priorities listed below:

Expand our commitment to civic engagement and service learning for students, and increase opportunities for student voice through participation in the American Democracy Project, Campus Compact, and other student-oriented strategies.

Build on recent success in enrolling well-prepared and carefully selected new students through upgraded and targeted recruitment initiatives.

Improve the quality of the student experience through enhancement of our academic, athletic and other co-curricular programs, student services and renovations to residence halls.

Continue to improve the quality of community life and *esprit de corps* at Castleton through development of community space, continuation of successful community events to build camaraderie, and improved communications within the campus as well as *through media* across the state.

Increase the quality and variety of professional development opportunities for Vermont's educators through the Castleton Center for Schools and its innovative outreach initiatives.

6. Upgrade external fund-raising and grantsmanship, and improve development efforts and alumni connections around the country.

7.Begin implementing the recommendations of our new Master Plan, reflecting strategic enrollment planning and needed improvements to buildings, facilities, parking, walkways and grounds.

8. Support the aforementioned priorities through expanded employee professional development and strengthening the financial *base, with the goal of* ensuring predictable revenues and funds for core and strategic expenditures in a fiscal environment that fosters enhanced accountability as well as innovation.

These priorities are extremely important and cover almost every aspect of campus life. It will be hard to be a member of this community and not be involved in some manner over the course of the next year. It is encouraging that after 217 years Castleton is still striving to be a better place. We are not perfect, but what these priorities have done is to provide all of us who are passing through Castleton, either as a 2-year transfer student or as a staff member of 35 years and everyone in between, a chance to make Castleton a better place before we leave. Combined with a bright future including new buildings, strong enrollments, and new programming opportunities we *will indeed* make Castleton stronger before this academic year is over.

With all this in mind I am going to suggest we all try something to further enhance our efforts. Ask yourself why you are here at Castleton. I am sure it's *slightly different for each* of us but to some extent I am sure there are similarities – the friendly atmosphere, the sense of community, the chance for involvement. Pick the one "thing" that made Castleton stand out for you and make a commit*ment to making that* "thing" better for the next person. I think you will find this to be a rewarding exercise whether you participate in community service, play a role in student government, attend sporting events, or simply say hello to people as you walk to class. *If we all try* to take this approach we can insure that our priorities for the year are met while we continue to strengthen the special "things" that have made Castleton a place of choice for all of us.

I look forward to this coming year as never before in my time at Castleton. I can hardly wait to see what this community accomplishes.

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Have an opinion about the election? Write a letter to the editor at *The Cairn*. Send it via email to: **cairn@castleton.edu.**

Castleton Turns a New Leaf

Jon Lorentz and Dr. Ronald Sherwin

MIKE TRZCIENSKY

This past summer, Castleton hired Dr. Ronald Sherwin and Professor Jonathan Lorentz to take over its music department.

Dr. Sherwin is a graduate of Castleton who received his Doctorate in Church Music Education from the School of Performing Arts at The University of Maine. Dr. Sherwin has taught at the University of Maine, Bangor Theological Seminary, and Eastern Maine Community College. He has conducted choirs in the United States and Europe and has performed with the resident orchestras of Bangor, Maine, Budapest, and Carnegie Hall in New York City.

Dr. Sherwin takes a family approach towards choral music. "I have always believed that the better the members of the chorus get to know one another, the better they will sing", says Sherwin. "I encourage all of my students to come and spend time with me outside of class. The more comfortable my students are with me and each other, the better the music will be that we make together."

The choir meets on Tuesdays and Thursdays from 3:30 to 4:45 in FAC room 134. The piano accompanist for the choir is Professor Sarah Mcquarrie, who met Dr. Sherwin while they were both students at Castleton, and later became his wife. This semester's concert will take place on December 13 and will focus on war and peace as found in music, art, and poetry.

The choir is currently planning an east coast tour for the fall semester. A European tour and a choral residency program at Carnegie Hall in New York City will also be in the planning stages over the next few years.

Professor Jonathan Lorentz is currently working on his PhD at New York University. Professor Lorentz has served on the faculty at New York University, Marymount Manhattan College, and Yeshiva University. Along with his band, he recently released the CD *One Night In Brooklyn* and had some of his compositions featured in the off Broadway show *The Adding Machine*.

Professor Lorentz is the new director of Castleton's jazz vocal group. The vocal group meets in FAC 134 on Mondays, Wednesdays, and Fridays from 12 to 12:50. Possible tours and performances are currently in the works.

Growing Student Population Causes Crowdedness

SCOTT LANPHEAR

Castleton's student population has grown larger this year. The new freshman class is the largest it's been in Castleton's history. The growing population is causing the campus to become very overcrowded.

According to Admissions director Maurice Ouimet 634 students have enrolled to Castleton for the 2004-05 academic year, of which 454 are freshmen. Ouimet said that the reason for the growing number of students coming to Castleton has a lot to do with word of mouth. "People are pleased with their experience at Castleton," Ouimet said. "The word gets out."

Although the student population continues to grow every year, Ouimet said that Castleton has also become more selective each year in the students they admit. Ouimet said that this trend to becoming more selective will continue as more students are applying for admission to Castleton.

The growing population at Castleton has caused some crowding in residence halls. This year there are 880 students living on campus, 440 of which are new students, according to Residence Life Director Dennis Proulx. To accommodate the new students, a new residence hall is in the process of being built. Proulx noted that more residence halls will be planned in the next five years, as the population continues to grow.

Proulx said that the new hall should be enough to accommodate the growing population for the next year or two, depending on how many students come and how many are retained. While the new hall is being built, many new students are crowded into lounges in Ellis Hall as well as quads in Babcock that were once used as study rooms. Proulx said that these rooms will revert to lounges and study rooms once the new hall is built.

Students at Castleton have spoken out about the crowdedness of the campus. Eric Blair, a junior, said, "Huden is a little crowded, but if you time it just right, it's not that bad." Blair suggested extending the meal hours to ease the crowdedness in the dining hall. Ruth DeSabia, a sophomore, said "It's a small campus [that's] not built to have this many people."

The student parking shows the result of the growing population.

New Colleagues at CSC

Susan Buzzell, who completed her master's in library and information studies in 2004 at McGill University, is the new head of reference services.

Brad Coupe completed his Ph.D. at Ohio State University specializing in timber and sidewinders and joins the Natural Sciences Department.

Catherine Garland, who completed her Ph.D. at the University of Hawaii with a specialization in extra-galactic astronomy, is teaching physics.

Renny Harrigan, Castleton's newest associate academic dean, was most recently an administrator and faculty member in the humanities and women's studies at Lesley University.

Julia Harrington, who started in the winter, assists in physical education and Upward Bound.

Tanya Keeney, a 2004 Castleton graduated in sociology, started as admissions counselor in June.

Tammy Landon, who graduated from Springfield College last spring, is assistant athletic director and field hockey coach. She will be director of the new fitness center.

Jon Lorentz is the newest member of the Music Department, teaching instrumental music. He has taught at NYU (where he is completing his Ph.D.), Yeshiva University, Marymount Manhattan, and Castleton.

Jennifer Marrone, who graduated from Castleton last spring in theatre, is an admissions counselor.

Matt Patry, a 1986 Castleton graduate and recently dean of student services at the College of St. Joseph, is academic counselor in the Academic Support Center.

Lisa Pleban, who taught most recently at Skidmore College, joins the Physical Education Department.

Hanna Reátegui-Zirena of Peru is this year's teaching assistant in the Spanish program.

Ron Sherwin, a 1995 graduate of Castleton, completed his Ph.D. in church music education at the University of Maine, Orono. He has taught and conducted the chorus at Maine-Orono and Bangor Theological Seminary.

Susan Simon, who started in February, assists in the Castleton Center for schools and the Education Department.

Drennan Spitzer, the newst member of the English Department, completed her Ph.D. at the University of California, Riverside, writing her dissertation on works that include The Lord of the Rings and Harry Potter.

Gail Tanzman, most recently an educational consultant for the Massachusetts Department of Education and Pittsfield Public Schools, is the newest member of the Education Department.

Jeff Weld, a 2004 Castleton graduate in business administration, is communication and sports coordinator, helping with web projects and sports information.

Democracy Day Takes Over CSC

By Kristina Collins

Students lined up on September 16 to sign the Declaration of Independence and register to vote to appreciate democracy. Castleton State College's Democracy Day spawned from the countrywide American Democracy Project initiative to inspire college students to vote.

The ADP's purpose is to produce college graduates who understand their liberties as a citizen in a democracy. This is a multi-campus program that began in Fall 2003 with 34 students, faculty, staff and administrators. The group found ways to incorporate the ADP's goals and themes into programs and curriculum.

This year, there will be ADP events at common hour and various politically oriented Soundings Events. Democracy Day was one opportunity, as will Howard Dean's speech on September 28.

"Since last year, [we have] registered close to 10 – 15% of the student population," senior Andrew Bouchard, who handles voter registration said.

Democracy Day events lasted during N period last Wednesday, but the Declaration of Independence will be in the library for the next week.

Aaron Tippin at the Fair

LINDSAY HALE

From September 2 until Sunday September 12 you could drive down South Main Street in Rutland and see the sights of the 154th Annual Vermont State Fair.

This year brought back many events that had not been at the previous fairs in the last few years; such as the horse racing. The fair also brought many new attractions including the Miss Vermont State Fair beauty pageant and bigger country stars.

Aaron Tippin, a well known country artist performed Friday Night. Carl Nickerson of Rutland thought it was great to see Tippin in this year's line up. Other fair-goers thought that it was an asset having Tippin perform because he was so well known across the board; even people who didn't always listen to country music recognized his name.

Gambling with My Life

TOM CASALE

I am an addict. My addiction does not involve snorting a substance up my nose, jabbing a needle in my arm, or inhaling smoke into my lungs. I don't stumble around and my breath doesn't reek of alcohol. My addiction is a hidden addiction. I am addicted to the action.

Three million adults in the United States are considered pathological or compulsive gamblers. Pathological gamblers have a devastating illness that negatively affects every aspect of their lives and the lives of the people close to them. I used to belong to this infamous group.

Gambling has dominated my life for as long as I can remember. My father was a degenerate gambler. He wagered on everything from poker to horses to football. He was late getting to the hospital on the day I was born because he was in some dimly lit garage playing poker all night. When I was younger, he got into so much trouble gambling that we had to pack up and move to Florida. The earliest recollections of my life are of me sitting in front of the television watching football with my father while he had hundreds, sometimes thousands, of dollars on the line. I guess you can say I was bred to be a gambler like some kids are bred to be athletes or lawyers by their parents.

I started gambling regularly when I was seventeen. One of my friends had an older brother who was a bookie so he hooked me up with him. A bookie is the guy who takes the bets. They don't gamble, they let others try and pick the winners and then sit back and collect when people lose.

In my early years, I only bet $25-$50 a game. That didn't last very long. By the time I was 21, my average bet increased to $100-$200. By age 25, I was throwing down at least $300 a game most of the time. Even though I was spinning out of control, I never really got into much trouble. I was forced to ditch a bookie once when I couldn't pay him, but nothing ever came of it. I guess you could say I was lucky. That luck would soon change.

It always makes me laugh when I hear people say they gamble. People like me don't consider it gambling if you play in an office pool or buy $2 squares on Super Bowl Sunday. To a compulsive gambler, referring to those kinds of things as gambling is comical. What do I define as gambling? I once bet over $80,000 in a four-month period. I was unemployed at the time. During the NCAA Tournament one year, a buddy and I bet $32,000 in four days. I was making $7 an hour and he was a bus boy. To me, that's gambling.

Much like a drug addict, gamblers have a sport they consider their "drug of choice." My drug of choice was football. College and pro, I loved them both. For me, waking up on a Saturday or Sunday in the fall was filled with the anticipation of a young child waking up on Christmas morning. It was the greatest high in the world.

By the time I turned 27, gambling controlled every aspect of my life. Even my nickname, Tout, came from gambling. A tout is a person who "touts" or picks winning games. I was the man, the guy who would provide the winners so we could all get rich quick. This defined who I was. Gambling gave me my identity.

I had been gambling for 10 years and my life was rapidly spinning out of control like a tractor trailer flying down a hill without any breaks. Gambling was all I had. I destroyed everything else. Relationships, school, jobs all took a back seat to gambling. I was engaged to a wonderful girl when I was 24 but gambling tore us apart. When she told me I must choose between her and gambling, I packed my bags and moved out. That's how sick I was. I chose gambling over marriage. I couldn't help it. I needed the action.

My life would change forever on a brisk November weekend in 2000. Over the years, I had gone to the edge many times but I always got myself out of trouble. This time it would be different. I began the weekend with my usual hope and optimism but a short five days later, I would write a letter declaring that I no longer wanted to live.

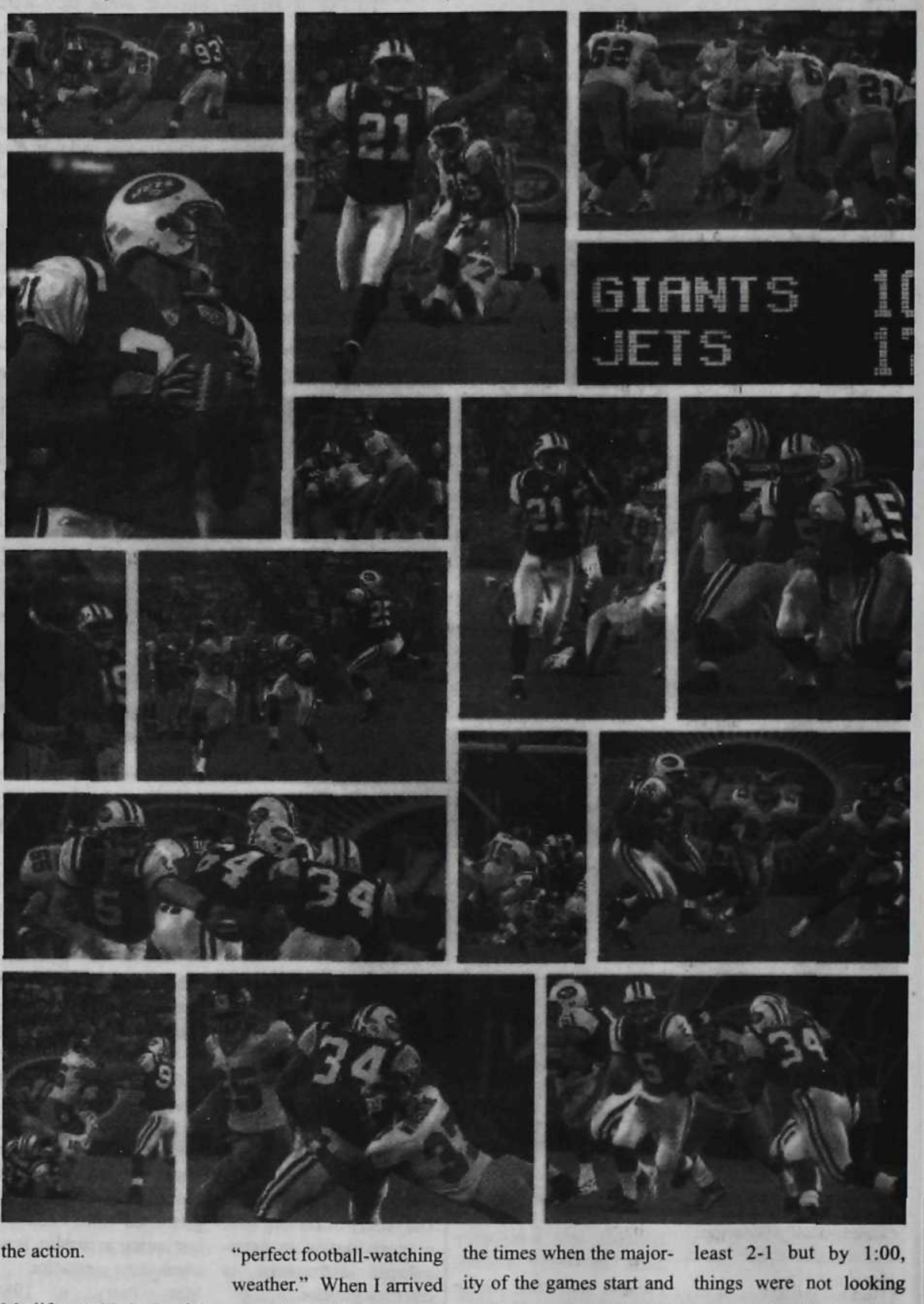
I woke up on Saturday morning ready to go. It was the week before Thanksgiving and time for me to start making money. Football season was almost over and I hadn't made a big score yet. Everything was in place for a great day of gambling. The clouds blocked the sun, giving that dark gray look. The wind blew the wet, colorful leaves across the neatly trimmed lawns. This is what I call, "perfect football-watching weather." When I arrived at my friend's house, I got out of the car and took in the crisp fall air with a smile on my face. I felt confident that this was the week I was going to hit it big.

When I walked into the house, I could smell the chicken wings my friend's girlfriend was cooking for us. In the living room, the cast of character sat around looking at the day's lines in the newspaper. Everyone was present: my friends Bob and Dan and my cousins Tony and Sal. As I strutted in, Dan asked, "Who do we have early, Tout?"

Gambling on football always goes in shifts. On Saturday, the shifts are noon, 3:30 and 7:00. On Sunday they are 1:00, 4:00 and 8:30. These are the times when the majority of the games start and when a large number of bets are placed. "I have three games that can't lose. They can't lose. They won't lose. It's a human impossibility," I answered my friend.

We spent the next 15 minutes talking about the upcoming games and by 11:50, all of our early action was in and we were ready to go. The few minutes before a game starts is my favorite time in the world. The anticipation is at its highest point. The high you get from gambling penetrates through your body like a tremor. We began feasting on the chicken wings just as the games were about to start. All was right with the world.

I had started off the day by wagering $200 on my three big games. I was sure that I would go at least 2-1 but by 1:00, things were not looking very good. I was trailing in all of my games and the natives were getting restless. Every gambler has their own particular style and I was always the calm one. I never let anything get to me. I told everyone not to get nervous. We had a long way to go in our games and there was no reason to panic. Outside I was as cool as a cucumber but inside, my



stomach was in knots. I had a pain shooting up my chest and my hands began to sweat. I couldn't let anyone know I was nervous. If I lost control, panic would set in.

By the time 3:00 rolled around, panic had set in. I was on my way to losing all three of my games and being down $660. When you bet with a bookie, you have to lay odds of 11/10. So, for every $200 you lose, you have to add $20. This is called the vig. The vig isn't a big deal if you are betting $20 a game but the more you bet, the more it adds up. The vig on a $1000 bet is $100, so that can really hurt your total.

We all sat around discussing our 3:30 plays. Everyone was getting killed and the tension was building. Of course, the boys looked to me to get us out of this mess like I had done so many times before. I was placing bets with my friend's bookie at this time in my life so I gave him two plays to put in for me and told him to put $300 on each of them. If I win both, I will be almost even again. Now the fun really starts.

When a gambler is down, they never consider losing. It didn't occur to me that if I lost, I would lose another $660. The only way my mind worked back then was to think that I would win back $600 if I won both games. An hour into the second set of games, it was obvious this wasn't my day. Everything was going wrong. We all sat there with a frustrated scowl on our faces. No one even noticed the smell of pizza coming from the kitchen. Things were bordering on dangerous now. As we watched all of our games go down, we sat in stunned silence. I was down $1,320. I wanted to die.

Since things were going so bad, we all decided to go our separate ways for the night games. I put in one bet for $500 and then headed home. As I drove, I felt sick to my stomach. How could I do this to myself? Why couldn't I stop?

By the time I got home, the team I had bet on was winning 14-0. Finally, it appeared that my luck would change. I should have known better. The other team scored 42 unanswered points and won 42-21. I couldn't catch a break. As I sulked slowly up the stairs to my bed, I thought about the $1,870 I was down. I came to the conclusion that this had gone too far and there was no use betting on Sunday. Things were only going to get worse. I was done. I was out.

The funny thing about being addicted to gambling is that no matter how bad you feel one day, the next day brings new hope. As long as there are games to bet on, there is hope. That's the thing. Gamblers aren't addicted to money. They are addicted to the action. There was no way I could pay the money I was down so my friend and I decided we should both try and bet out of the hole we had put ourselves in. I know it sounds crazy but at the time, it actually sounded like a great idea.

We decided to pick one game and go big on it. I sat and stared at the newspaper for an hour, waiting for something to jump out at me but nothing did. I would put the paper down for a few minutes and then pick it back up. My eyes were starting to hurt because I was looking at the lines for so long. I couldn't come up with anything. I didn't have it. I could feel it in my gut.

My friend called me back and said he loved the Giants over the Lions. The Giants were playing at home and they needed the win, so I agreed. We bet $1,000 each. The Giants never stood a chance. The bitter irony is that it would be the last regular season game the Giants would lose all year. After that game, they wouldn't lose again until the Ravens beat them in the Super Bowl. We were cooked. We put in a couple of late plays but they all lost. The tally for the weekend now stood at 0-10, down $3,800.

The pain never sets in until there are no more games to bet. Well, I still had one more shot. Monday Night Football, the game gamblers try to get even on every week. Monday Night Football is a bookie's dream. Every lowlife gambler in the world tries to get out of the hole with one big play on Monday night but very few are successful. I knew the odds were against me but I didn't have the money to pay out, so I had to take a shot. The game was the Rams vs. Redskins. I will never forget it. I decided to bet $1,000 on the Redskins and $1,000 over the total. Over the total means there is a line for the total score and you can bet that the combined score of both teams will either go over or under that number. I had been gambling for over 10 years and it had come down to this. I had my life on the Redskins and the over.

Dan and I drove to Bob's house for the game. It was a cold, rainy night. The raindrops pelted the car as we drove. We barely spoke. It was one part fear and one part nervous. I, for one, was so nervous; I was having trouble talking because my lips were shaking. I needed to win both ends of this game to cut my total down. Winning one side of the bet and losing the other wouldn't help much. I would still be down $3,900 that I didn't have. Finally, the game started. In three hours, my fate would be known.

For a pleasant change, it didn't look like we were going to have to sweat this one out. At halftime, the Redskins were up big and the game was well on its way to going over. I felt much more relaxed. I was laughing and joking around. Again, I should have known better.

Entering the fourth quarter, the Redskins were in the bag and we just needed one more touchdown for the over. You couldn't ask to be in a better position. Then it happened. The clock ticked and ticked without any scoring. With five minutes to go in the game, I started to get a choking feeling. Was this really going to happen? The clock continued to tick. Sweat poured down my face and my heart began to beat faster. Two minutes left.

The Rams got the ball back but there was only 45 seconds left in the game. Then, an apparent miracle happened. Rams' quarterback Kurt Warner threw the ball up for grabs and receiver Torry Holt leaped up and came down with the football. I jumped up so high in the air; I almost hit my head on the ceiling. The Rams had four chances to score from the seven-yard line. There was one last glimmer of hope.

First-down: incomplete pass. Second-down: incomplete pass. Third-down: incomplete pass. Well, here it was. My entire life came down to one play. I sat on the edge of the couch with my sweat-drenched t-shirt in my mouth. My foot trembled with fear as I prayed to God. Please give me this one. Let the Rams score and I will never bet again. It seemed like weeks before the ball was snapped but in the end, it was anti-climatic. Kurt Warner's final pass was knocked down at the line of scrimmage. As the ball spun on the carpet of the RCA Dome, I fell to one knee with my head in my hands. I tried to breath but I couldn't catch my breath. It's kind of like the feeling you get when a loved one leaves you. That feeling of emptiness deep in the pit of your stomach. It was over. The finality had hit. There were no more games to be played. No more bets to be made. I was down $3,900 and I didn't have it. Now, it was time to panic.

The next couple of days were the worst days of my life. I woke up in the middle of the afternoon and when I finally did get up, I walked around like a zombie. I didn't know what to do with myself. I felt lifeless, like I didn't care whether I lived or died. I had managed to scrape up $600 to give my buddy and he put in the rest. You don't realize what a huge strain that puts on a friendship until it actually happens. Now I owed my best friend $3,300. What a great life I had made for myself.

That Thanksgiving, I sat in my room all alone. I came out to eat but I barely said a word. After dinner, my mother came in to talk to me. She started to cry and said she was concerned about me and she thought I needed to get help. As she talked, I stared straight ahead, not responding or making eye contact with her once.

Later that night, I thought about how little I had accomplished in my life and how disappointed my parents must be in me. I hated looking into my mother's eyes when another parent would talk about how great their kid was doing and my mother had nothing to say. I decided there was nothing left for me. I was in pain and I wanted it to stop. I had nothing in my life so I saw no reason to keep on living it. I decided to stop the pain. I wrote a letter to my parents explaining how sorry I was but I had no place to turn. Being a diabetic, I then filled a syringe up with 100 units of insulin, 10 times my normal amount. I figured this would put me into a diabetic coma and by the time I was found, it would be too late. I walked into the living room where my parents were asleep. Crying, I kissed my dog on the head and said my goodbyes.

I went upstairs to my room. Crying uncontrollably, I plunged the needle into my leg. Before I could push the plunger down, I pulled the needle out and sprayed the insulin against the wall. I was crying so hard at this point, I was hyperventilating. I ran downstairs and ripped up the note. I don't know, I guess I just didn't have the guts to do it. For once in my life, being a coward had its advantages.

After another day of feeling sorry for myself, I came to a conclusion. It was time for a change. I mean a real change. The way I had lived my life for the first 27 years wasn't working. I had done nothing of any value and gambling had destroyed everything in my life but it wasn't too late to change. I decided right then and there that I would quit gambling and go back to school.

I am one of the lucky ones. Some people can't get out. When gamblers get to the edge where I was, sometimes they jump. Some people push that plunger all the way down and then it's too late to come back. In that respect, I consider myself very lucky and very thankful.

Today the Tout is dead. I kept my promise to myself and quit gambling. I am graduating college at age 31 with honors. Despite my recent success, I still have reminders of my past. I have a huge credit card debt that I rolled up during my gambling days. I'm not sure what the total amount is, but it's in the thousands. I have lost friends and hurt a lot of people close to me. I guess that's the price you pay for having an addiction. No matter what happens, I will never be free from all my demons.

My friends still bet and bet big. In a selfish way, I'm glad. Seeing the pain and horror they go through week in and week out probably keeps me from getting back in the game. Just because I don't bet anymore doesn't mean I am cured. The demons still lurk inside me. I will see a game that I know can't lose. My blood starts to pump and I feel the excitement of the high but so far, I have been able to block out those urges. I have a lot of great things going on in my life and I don't want to screw that up. Will I be able to block it out forever? That I don't know. It's been said that when you have an addiction, you have it for life.

Sometimes I wish I had kept that note I wrote as a reminder of how I gambled with my life. It took me almost 30 years and thousands of dollars for it to sink in but in the end, I won the only bet a gambler can ever win. Instead of betting on a sport's team or a horse, I bet on myself. Now there is a bet I know I can't lose.

The Sports Shorts Are In

Women's Soccer
Record: 4-0
Last Game: 9/15 at Green Mountain College
Score: Win 4-0
Next Home Game: 9/22 *against Russell Sage* College at 4:00 p.m.

Men's Soccer
Record: 2-2-1
Last Game: 9/15 Home *against Middlebury* College
Score: Loss 4-0
Next Home Game: 10/3 against the University of Maine at Farmington at *2:00 p.m.*

Cross Country
Last Meet: 9/11; Castleton Invitational
Women: First Place
Men: Third Place
Women
Michelle Bird (2)- 21:55
Katie Sprowl (3)- 22:29
Becky Gorman (4)- 23:20
Yvonne Olney (6)- 23:51
Beth Pantzer (11)- 26:41
Jess Daniels (19)- 40:52
Men
Keenan White (2)- 28:51
Mark Newcomb (7)- 30:43
Jace Klein (13)- 33:03
Joe Wissler (18)- 35:40
Ryan Bartlett (20)- 36:25
Kyle Vinton (22)- 37:27
Jon Forde (31)- 54:35
Next Meet: 9/25 at Johnson State College Women- 1:00 p.m., Men- 2:00 p.m.

Field Hockey
Record: 0-6
Last Game: 9/19 against *Thomas College*
Score: Loss 5-0
Next Home Game: 9/26 against Saint Joseph's College (ME) at 12:00 p.m.

Women's Tennis
Record: 4-1
Last Match: 9/15 Home against Lyndon State College
Score: 9-0
Individual:
Singles
Laura Albright 6-1, 6-1
Emily O'Connor 6-2, 6-1
Molly Doherty 6-2, 7-5
Jessie Ryan 6-2, 6-1
Abby Greenbaum 6-1, 6-0
Amanda Begins 6-1, 6-0
Doubles
Maxham/Hayes 8-4
Doherty/Ryan 8-5
Greenbaum/Begins 8-0
Next Home Game: 10/6 against Green Mountain College at 4:00 p.m.

How to Major in Success

JUDITH CARRUTHERS

As you can see, it's not a complicated path to success, it does focus on what's really important: *motivation, skills, abilities, resources, credentials,* and *your dreams.* In the next part of the book, for example, you'll learn:

How Tabitha Soren landed her dream job co-anchoring MTV news;
What finally convinced Tom Hanks to pursue acting;
How Katie Couric got to the Today Show;
What David Letterman did during college to get his start in television;
What enabled John Singleton to direct his own movie just out of college;
How Jay Leno got past a major setback and ended up hosting the Tonight Show;
How celebrity interviewer Nancy Collins got her first big interview during her senior year in college;
How David Duchovny finally figured out he wanted to be an actor;
The step Conan O'Brien took during college that put him on track to his TV show;
How Marcus Allen overcame his biggest fear.

In addition, you'll also find inspiring stories of lesser-known recent graduates *who did well for* themselves by making choices you'll probably see as possible for yourself. You'll learn about:

David Greene, who ended up being part owner of a company because of one informational interview;
Randy Kelson, who got his dream job playing video games because he decided to call the company that made his favorite games;
Veronica Chambers, who got her own column in a nationally circulated magazine during college by cold calling from the New York phone book:
Wendy Kopp, who established a major national nonprofit organization just after college because she turned her senior paper into a business plan;
Michael Elliot, who got his dream job in Hollywood with a quick trip to his career center;
Tiffany Shlain, who was able to make award-winning films during and after college by seeking out her own mentors.

You don't need to read this book as a list of tasks you should be doing while you're in college. Instead, look at it as offering possibilities to explore in your own life. It is a reality that all of us can be great at something. And although the entire book is about succeeding both professionally and academically, let me repeat the underlying philosophy of *Major in Success*: Do things that increase your enjoyment of life.

So start the book and enjoy. Admit what REALLY interests you. Pinpoint your true aspirations.

Discover that there are many types of jobs that are related to your interest.

Feel your fears and do it anyway.

Major Excitement

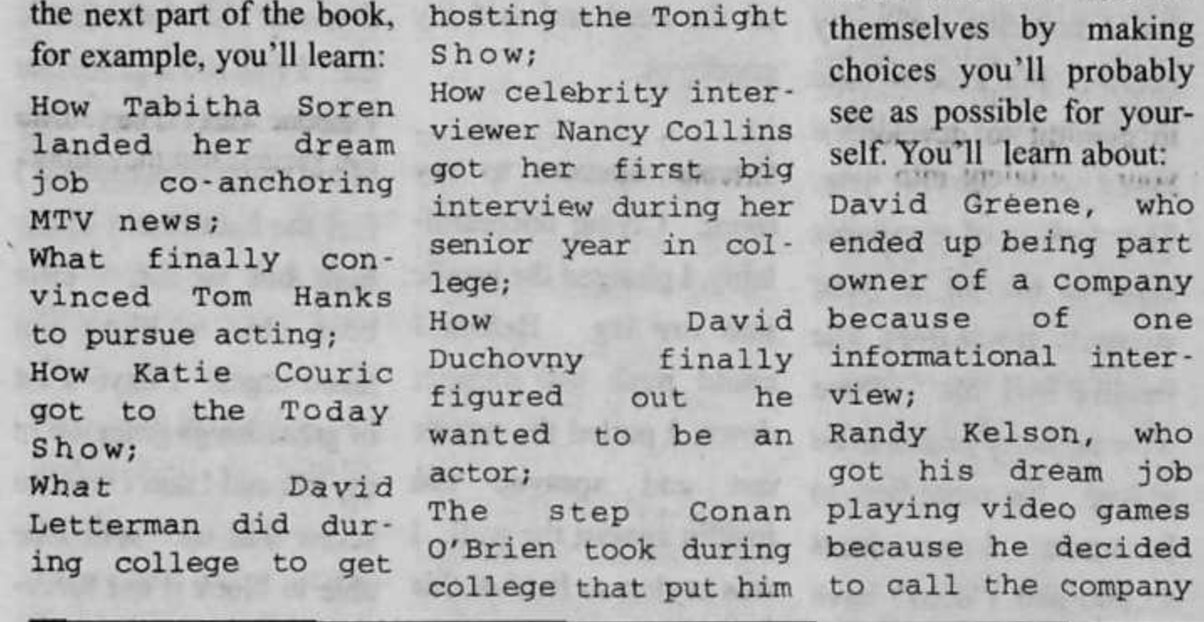
Everyone said, "Don't major in psychology; you won't be able to find a job where you can use it." Well, I did. I use it to get people to jump off a 40-foot crane.

Ron Sherwood, employee of a bungee-jumping company

The ideal major is the one that you're the most passionate about. While choosing your major *can*

Cont. on Pg. 7

Life After Phish



As Trey, Mike, Paige, and Jon brought closure to their reign as jam band royalty with their last show in Coventry, VT this past summer, reality set in with fans everywhere that the Phish era has indeed come to an end. Member of the quartet, which had released over 25 albums of their unique blend of jazz, rock, bluegrass, and rhythm over the course of their 22 year run, are now branching into new musical directions- and so must their fans. Though Phish can never be emulated or replaced, there are many up and coming bands capable of filling the void. Let's take a look at the forerunner:

When one thinks of Phish the first name which comes to mind is that of Trey Anastassio- the bands unofficial leader, and the creative force behind much of their work. With the commitment to Phish out of the way, Anastassio will focus on his own project, The Trey Anastassio Band (abbreviated as T.A.B). The music is an eclectic mix of orchestral melodies, alternative rock, and traditional jam band vibes, but has a more mature sound than Phish did, and is geared to a slightly broader audience. Some fans and critics feel Trey is delving into realms that are too main stream, but objectively one is forced to admit that as a result of better chemistry between band members, T.A.B flows better than Phish ever did post their 2000 hiatus.

Trey is not alone in his pursuit of a music career after Phish. Keyboardist Page McConnell will continue to be present on the scene with his band Vida Blue. The ensemble, which also features Oteil Burbridge of the Allman Brothers Band on bass, has been touring and recording with the SPAM All-Stars, a percussion group from Cuba. Combined the two bands have an edgy sound, advertised as a salsa/funk fusion. Their creative jams are available on their latest CD, The Illustrated Band, released last year.

Finally we have The String Cheese Incident , a band with such versatile mass appeal that despite their earthy bluegrass sound, they were invited to headline at last years rock festival, Lollapalooza. The band is larger than most, but jam band standards consisting of six members. They incorporate the traditional bluegrass sounds of the fiddle and mandolin, and blend them with elements of funk. The String Cheese Incident is ever evolving and innovative. On their latest album, released this past winter, they surprised fans with a darker, more mysterious sound.

Of course the list of potential candidates to headline festivals the way Phish has done for over two decades is not limited to the ones mentioned. The jam band scene ranges from local basement bands to those who can be heard on hit radio stations such as The Dave Mathews Band or Blues Traveler, proving not only a bright future for the genre but also that most any audience can find their own jam band niche.

READY TO ROLL? WEDNESDAY, OCTOBER 27TH, 2004 "DESTINATION CASTLETON" Castleton's huge career fair is right around the corner! Governor Jim Douglas will be the guest speaker at the President's Breakfast and will visit the Glenbrook Gym site meeting students and recruiters. Want to know which companies are coming? Which Grad Schools? Watch the next CAIRN for details!

WANTED: Students with good interviewing skills to interview recruiters at **"Destination: Castleton"** Oct 27th Castleton Career Fair. Adam Hamden will be filming the Road Trip Nation type interviews! Paid positions for qualified folks. Drop in to see Judith or Chrispin right away!

feel like a very big deal, it doesn't have as large an impact on your career as you may think. Marot Franssen was a philosophy major and now she owns the international business The Body Shop. Darren Star was an English major and later he went on to create hit television shows like *Melrose Place*. Let me spell it out:

YOUR CHOICE OF MAJOR DOESN'T DICTATE WHAT CAREERS YOU'LL BE ABLE TO ENJOY. If statistical averages and present-day trends are any indication of how things will go for you, there's a 70% chance your first job will be related to your major. But after that, it's likely that your career will progress like a pinball.

When I told my father I was going to be an actor, he said, "Fine, but study welding just in case."
Robin Williams, actor

Second, selecting your major is not a rags or riches choice because employers aren't looking at your resume to see what you majored in; they're looking to see if you have the basic, practical skill to:

Answer the phone professionally
Write a business letter
Use a computer
Understand marketing
Manage your time effectively
Dress appropriately

If you do have these skills, you can major in whatever you want. Prove that you have these skills by taking the classes specifically recommended in the chapter entitled "Classes Worth Their Weight in Gold."

When someone says, "I don't know what really interests me," usually what they're really saying is "My favorite things don't make for a good career." Wrong! There are many careers for every interest you have. So if that's what's holding you back from admitting what really interests you, do a clear and reset. In the next part of the book you'll learn exactly how to link your interests and major to a real-world career that you can get excited about.

HOT TIP:
Most graduates testify that if they had it to do over, they would major in whatever interested them the most.

HOT TIP:
No matter what you major in, if you can't answer the phone, make a presentation, do a spreadsheet, or write a business letter, nobody needs you.

Here's how it works. Simply take what really interest you and ask yourself these questions:

How could I be paid to inform people about this interest? (Perhaps through writing, consulting, speaking, TV, newsletters, magazines, shows, lectures, books, or computer bulletin boards.)
How could I be paid to provide other people with a service related to this interest?
How could I be paid to perform this interest for other people?
How could I be paid to create products related to this interest?
How could I be paid to assist people who are focused on this interest?
How could I be paid to learn more about this interest?

Incredible books: *Professional Careers Sourcebook: Where to Find Help Planning Careers That Require College or Technical Degrees,* edited by Kathleen M. Savage and Annette Novallo (Gale, 1993).

118 professions- For each profession it lists multiple career guidebooks, professional associations, test guides, educational programs, handbooks, newsletters, professional meetings, and even annual conventions. This book makes figuring out where to get important how-to information about your career so easy to find that you might as well be taking cuts to the front of the line.

-*The Encyclopedia of Second Careers* by Gene R. Hawes. It contains career descriptions, association phone numbers, salaries, and skill requirements for over 200 careers.

Try the SUPER-SIMPLE, UNIQUE & WEIRD JOB IDEA JOGGER!
A great job would be [verb] in the [your interest] field.
For example, if you're interested in astronomy and you like to read you get the sentence:

A great job would be reading in the astronomy field.
Editor of an astronomy magazine? Researcher for NASA?
Now change the verb to drawing and see what happens:

A great job would be drawing in the astronomy field.
Illustrating astronomy books? Architecturally designing observatories? Mapping star systems? Science fiction paintings? Try this technique out with your own interests and choice of verbs.

Enjoy yourself as much as possible
I caution you about choosing a career by asking the question "What am I best at?" You may happen to be good at something you don't necessarily enjoy. I'm really good at running, parallel parking, and typing. But I wouldn't enjoy being a marathon runner, a valet parking attendant, or an administrative assistant. I have no dreams about any of those careers. Star from what activities you'd enjoy doing regularly and go get the skills required. People will also encourage you to choose a boring, ordinary, safe job because they don't want you to fail. Failure is a lot more likely when you're trying for a career that you don 't enjoy.

Somehow, college makes it seem like you should only aim for a career that fits into the category of Very Serious & Practical Work. But if deep down inside, you are very serious about having fun, don't let college erase your memory of all the jobs that fall into the category of Very Serious Fun Work.
60-plus unusual jobs that I've included in the Going Pro chapter. Remember that college isn't necessarily for getting an intellectual career. It isn't necessarily for getting a high-paying career. College is for developing your talents so that you can learn and do anything you like. When you start to focus on what you like, life starts to get really great.

You can be the next one who makes it big but you have to practice, read, study, and learn. You have to commit to developing your raw talent into mastery. You have to be the first to recognize your star potential, and then be the driving force behind the development of your mastery. Your raw talent will turn into mastery if you polish your skills with persistence and passion. It is the only way anyone has ever "made it." For instance, a professional comedy writer is an amateur who didn't give up:

"I learned never to give from my dad. He taught me it's better to go after something special and risk starving to death than to surrender. If you give up your dream, what's left? "
Jim Carrey

Finally, a word for that part in us that can be determined to make good money. The chart below is to give you some proof that just about any job you're passionate about, no matter how odd, cool, or quirky, has awesome earning potential. You can follow your passion and make bank. (P.S.- The real average salary of a lawyer is around $75,000. Good money, but then again, some rodeo clowns are making $90,000.)

Destination: Castleton

Which travelers are headed our way?

Folks from all over New England - and all the way out to Ohio!

80+ companies, grad schools, hospitals, specialty info tables!

CASTLETON CAREER FAIR
WEDNESDAY, OCTOBER 27, 2004
GLENBROOK GYM
9AM - 3PM

Governor Jim Douglas will be visiting the Career Fair from 9-10am!

Come find out what they were doing at your age!

Get the complete guest list from Castleton Career Development above the Fire Side Café or Internships, Community Service above the Coffee Cottage.

Judith & Crispin Take a Road Trip

JUDITH CARRUTHERS, DIRECTOR, CAREER DEVELOPMENT
CHRISPIN WHITE, DIRECTOR, INTERNSHIPS, COMMUNITY SERVICE

Something new is 'driving' Judith and Chrispin this semester. The folks at "Road Trip Nation" and their colourful, credible, creative, cuddly and crafty tapes/dvds of their journey across the US and back!

So who is this "Road Trip Nation" and what'd they do? Well, they were a group of college kids who were sick of listening to "the noise" – people telling them what they should do and who they should become. So they decided to hit the road and find out what was out there for them. Mike Marriner and Nathan Gebhard hopped in a huge 40 ft RV and drove around interviewing ONE HUNDRED AND FORTY folks who had "made it"...who were successful – by their own definition of what successful really means - not always $. They interviewed the chairman of Starbucks, a lobsterman in Maine, the director of Saturday Night Live, the conductor of the Boston Philharmonic, the first female supreme court justice, Madonna's hair stylist, a Harley-Davidson rider....

They asked two types of questions. General life questions and informal work-based questions: What were you doing at my age? Were you ever lost? When you were a kid, what did you want to do with your life? When you were growing up did you have any interests that you have built into your work? When did the light bulb go on? When did you realize this is what you wanted to do? Tell me about your first job after college. As you look back on your first ten years after college, what would you do differently? Describe a typical day in the life of your job. If someone wants to be you, do you suggest that they follow your footsteps? How can I tap into your field? *Adapted from Road Trip Nation, A Guide to Discovering Your Path in Life, Mike Marriner and Nathan Gebhard with Joanne Gordon* – ***AVAILABLE NOW IN CASTLETON LIBRARY***

This adventure resulted in two books and 12 dvd/tapes of their adventures, now running on Public TV and soon to appear on Castleton's Green Channel!

Mike and Nathan liked Castleton's "Career Talk" radio show so much they want to team up with us and see if Castleton students would like to produce a video in the spring! Watch the Cairn for more news about Road Trip Nation and Castleton's version of "Behind the Wheel." Tune into "On-Line Road Trip / Career Talk" at for streamed versions of past radio talk shows on your major! Watch the Green Channel for upcoming shows! Get in touch with Chrispin and Judith!

Howard Dean is Coming to Castleton

Former Vermont governor and candidate for president Howard Dean comes to Castleton as part of Castleton's commitment to the American Democracy Project on September 28. Dean will discuss why it is important for you to vote: "November 2, 2004 — A Day of Reckoning for a Divided Nation." Glenbrook Gym, 12:30 p.m.

After an intermission and reception, Governor Dean will hold a tow meeting. 2 p.m.
Here is an overview of his politcal activity.

Previous Political career

- 1980 Volunteer in Jimmy Carter's reelection campaign
- 1982-1986 Served in Vermont House of Representatives
? Elected assistant minority leader in 1985
- 1986 Elected lieutenant governor
? 1988 reelected
? 1990 reelected
- August 14, 1991 - Assumed governorship (Governor Richard A. Snelling died of heart attack)
? 1992 - first election as governor (with 74% of the vote)
? 1994 reelected (with 69%)
? 1996 reelected (with 71%)
? 1998 reelected (with 56%)
? 2000 reelected (with 50.4%, Republican 2nd place finisher received 37.9%, leftist Progressive Party 3rd place finisher received 9.5%)

Campaign timeline

- May 31, 2002 - Announced intent to run in 2004 presidential election
- June 23, 2003 - Formally announced candidacy for President in 2004.
- November 8, 2003 - Announces intention to forgo federal campaign financing (and hence primary spending limit), following online vote of supporters
- December 9, 2003 - Receives endorsement from former Vice President Al Gore
- January 6, 2004 - Receives endorsment from Bill Bradley, former US senator and Gore's rival for the Democratic Party presidential nomination in 2000.
- January 15, 2004 - Carol Moseley Braun drops out of the race and announces her support for Dean, saying that "Governor Dean is the candidate best-equipped to bring Americans together, to renew our country, and restore our privacy, our liberty and our economic security."

Dean began his campaign by emphasizing health care and fiscal responsibility. However, his opposition to the U.S. plan to invade Iraq (and his forceful criticism of Democrats in Congress who voted to authorize the use of force) quickly eclipsed other issues, resonating with disillusioned Democrats and using momentum from the burgeoning anti-war movement to build an impressive online campaign. Early on, he repeatedly contrasted his positions with those of other Democratic candidates by claiming that he was from "the democratic wing of the Democratic Party" (implying that the other candidates' positions were barely different from those of their Republican opposition). The phrase was first used by the late Senator Paul Wellstone.

Much discussion and criticism has focused on Dean's perceived electability. Critics (including fellow candidate Joseph Lieberman and the centrist Democratic Leadership Council) have claimed that his positions are too liberal and his rhetoric too strident to appeal to moderate voters in the general election. Dean and his supporters have responded by arguing that the Democrats will never win with "Bush light," and that the party needs a candidate who will stand up to George W. Bush and energize the Democratic base. (Some pundits have cited national polls showing a unusually polarized electorate going into 2004, suggesting that voter turnout will be particularly important.)

The media have begun to more closely scrutinize his record as governor of Vermont, which was arguably more moderate than his new national profile: "Dean's emerging national reputation as a liberal tribune [...] obscures the centrist course he steered duri.

Provided by the Arkansas Encyclopedia from the Anything Arkansas Directory

Join The Cairn--Writers of all specialties needed!

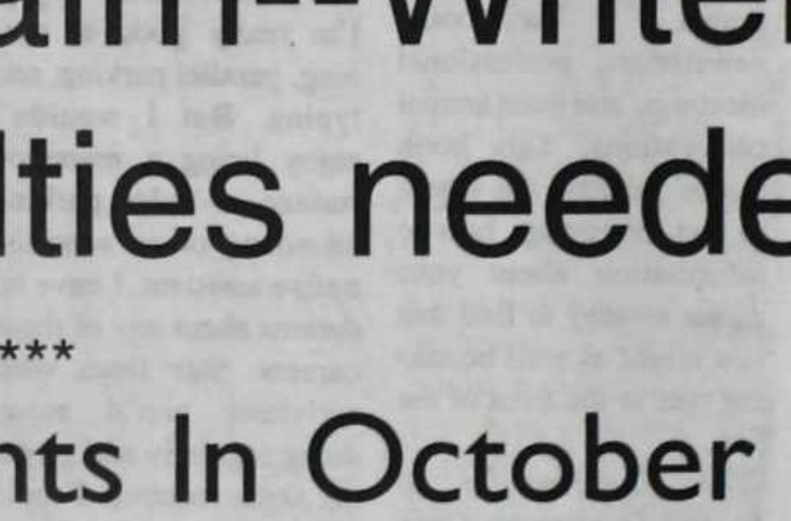
*****

Soundings Events In October

October 18 – Theater Performance: Weston Playhouse presents *Rosencrantz and Guildenstern are Dead.* Tom Stopard's Tony award-winning comedy follows Hamlet's hapless college chums as they wander through the most famous of tragedies, bewildered, in search of their own identities. Fine Arts Center, 7:30 p.m., You need a free ticket.

October 21 - Exercise science professor Lara Carlson lectures on "Exercise Immunology." She has been conducting research on the topic with the help of Castleton students. Herrick Auditorium, 12:30 p.m.

October 25 – Musical Performance: Quartetto Bernini. Founded in Rome, the Quartetto Bernini is composed of musicians who studied in the most prestigious academies: Vienna, Luxembourg, Paris, Geneva, Osaka and Rome. Fine Arts Center, 7 p.m. You need a free ticket.

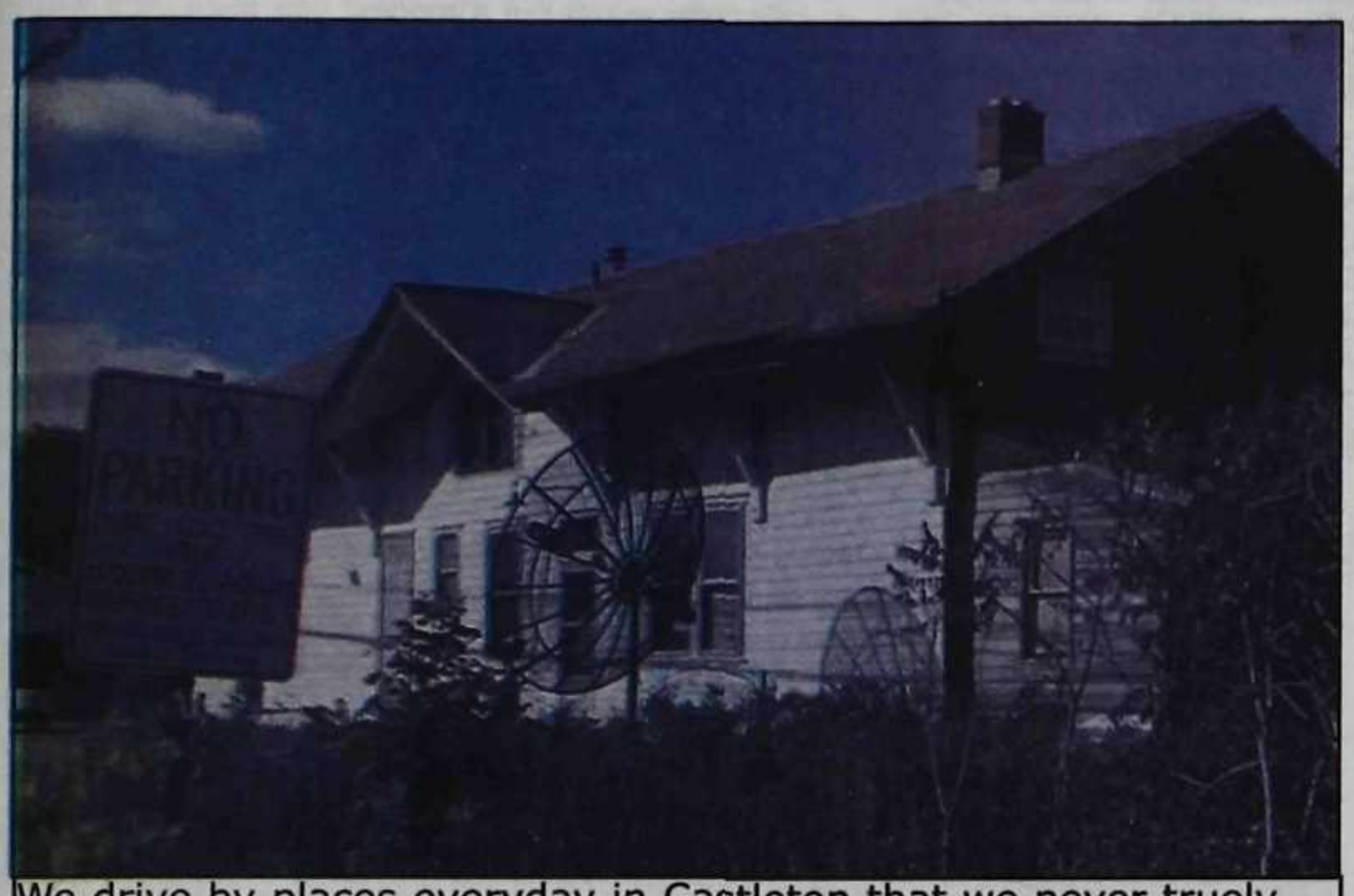


The Cairn Meets every Thursday in Leavenworth 107, at 12:30. See you there!

The Cairn

Those Who Walk Amoung Us: A Guide to Castleton's Ghosts

Jesse DuRona
Cairn Staff



We drive by places everyday in Castleton that we never truely see. Did you ever stop to think that someone in those buildings might be looking at you?

Photo By: Kristina Colliins

"Like it or not, or believe it or not as you will. Your perceptions will not change reality, but simply color it."
Dr. Edward Roivas, *Eternal Darkness*

It was about one o'clock in the morning during the first week back of school. My friend and I were taking a walk down the main street of Castleton toward the freeway. The sky was clear and the air was warm from the afternoon heat: the perfect weather for a stroll. A few yards before the bridge, my friend pointed to an unlit house off the side of the road. Its doors and windows were boarded up, clear evidence of abandonment. Something about that building sent a chill up my

Continued on pg 6

Castleton Rocks the Vote

Jonathon Hoots & Kristina Collins
Cairn Staff

Castleton is about 500 miles away from Washington, D.C. This distance only attracts students and faculty to focus on the issues spewing out of our nation's capitol.

The American Democracy Project (ADP) is strong here at Castleton and the organization's events inspired a large part of the campus to recognize the importance of democracy especially during a presidential election year.

Out of a Cairn poll of 67 Castleton students, 59 said they plan to vote and eight did not. Forty students feel that they are informed voters while nine do not and 17 feel somewhat informed. The majority of those surveyed got their information from television, peers, the debates, and the Internet.

To further inform student voters, ADP hosted a political fair October 21 in the Campus Center with many local politicians. U.S. Senate nominees Craig Hill, Kevin Mullin, Hull Maynard and Vicky Young attended as well as State Representative nominees Robert Helm, Lillian Sherman and governor-elect Hardy Machia. Bernie Sanders and governor elect Peter Clavelle had representatives present at the fair along with a table promoting President Bush from a few Castleton students.

"I'm pleased that many (students) have heard of the Green Party," George Blumb of the Green Party said. "It's nice to talk to students with political awareness." Blumb said that this was the only student political fair that he knew about

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Stem Cell Research: Another Bush/Kerry Debate

Beth Crosby
Cairn Staff

With the death of Christopher Reeve on October 10, the issue of stem cell research is again making headlines. Reeve, who was paralyzed from the neck down after a horse riding accident in 1995, was a staunch supporter of stem cell research.

Stem cells, according to the Stem Cell Research Foundation, is "primitive cells that give rise to other types of cells." Stem cell research involves using cells from embryos to replace injured cells. Cell therapy, according to the Stem Cell Research Foundation, can be defined "as a group of new technology or technologies that rely on replacing diseased or dysfunctional cells with healthy, functioning ones."

The Stem Cell Research Foundation also says that these new techniques "are being applied to a wide range of human diseases, including many types of cancer, neurological diseases such as Parkinson's and Lou Gehrig's disease, spinal cord injuries, and diabetes.

Stem cell research is very controversial. In August of 2001, President Bush made an announcement that he would allow funding of research using stem cell lines that already existed. He stopped short of allowing "funding for research using stem cells derived from frozen embryos." (CNN.com) Opponents of stem cell research consider it "the taking of a human life

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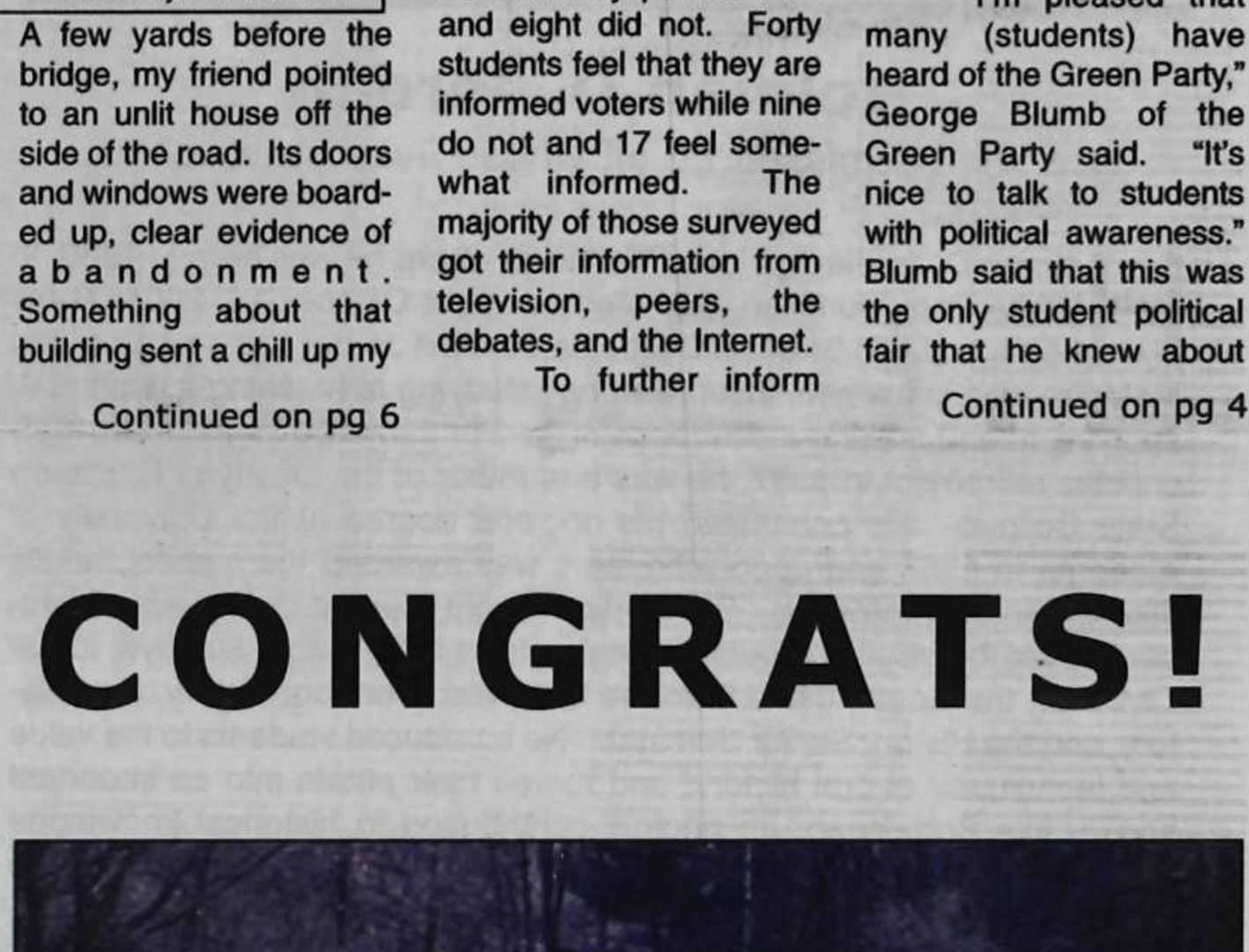
CONGRATS!



Congratulations to the Women's Rugby team for an undefeated season (6-0)! Good Luck at playoffs in Worchester, Mass this weekend!

Photo By: Kristina Collins

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Reality TV Takes Over the Airwaves

Scott Lanphear
Cairn Staff

If you turn on your TV set and flip around the channels for a while, you will notice an enormous amount of a new genre known as "reality television." Reality television has taken over much of the airwaves since 2000 when the island adventure/game show *Survivor* made its debut on CBS during the usually rerun-filled summer season. Since then, this genre has spawned many overnight stars, prompted many copycat and parody shows and has overall changed the look of both the broadcast networks, as well as cable.

A typical reality show takes a random sampling of "ordinary" people and puts them into some sort of extraordinary situation. Such as living on a desert island, living a house with many strangers or competing to become the next big pop star. These shows are mostly unscripted, although many of the situations are contrived to achieve a certain degree of tension among the group of people.

Many varieties of the reality genre have appeared on the tube. One of the first ones to appear was the survival type game show where a person is voted off every week. These shows include *Survivor, Big Brother,* and *The Apprentice*. Another type is the dating show where a man or a woman must choose between a group of possible suitors to determine who they would like to marry. These shows include *The Bachelor, The Bachelorette, For Love or Money*, and many spoofs of this type, including *Joe Millionaire* and *My Big Fat Obnoxious Fiancé*. Other types of reality show include talent competition shows and makeover shows. For example, *American Idol* is a signing competition that always gathers high ratings.

The reality show format has become popular for a number of reasons. From the network point of view, a reality show is a lot cheaper to produce, as there are no writers or professional actors. Also, most reality shows have seasons which last only about 13 episodes as opposed to the typical 24-26 episodes of a drama or sitcom. From a viewer's perspective, these shows are attractive because they show regular *people in extraordinary situations*. Many of these shows are also quite addictive, as viewers must tune in each

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Faculty Union Impasse

Tersh Palmer
Faculty Federation Chair

I have taught at five colleges and universities and three secondary schools, and at none of these schools have I known a faculty that works as hard as my colleagues do at Castleton. We teach a four-course-per-semester load, nationally among the highest workloads for four-year institutions, and we also help to run the college, through required Faculty Assembly committees. I mention this because the faculty have been working for more than a year without an employment contract from the Vermont State Colleges.

Faculty would like a modest pay raise, and we would like to keep the benefits that we have. In terms of pay, we are near the bottom in the country, paid a salary equivalent to professors in the deep South, where the cost of living is much lower. In many cases our salary is lower than that of area high school teachers. None of us went into our job to get rich, but many of us are now worried about being able to live above the poverty line when we retire. Unfortunately, the result of this poor pay situation is that faculty do not have much motivation to stay here. My department has lost three members, close to half of us, since I came in 2000, and at least two of those professors left to take substantially higher salaries (both in the deep South!). Castleton has a small department that had 100% turnover last year. I wonder how the majors in that department feel. Faculty searches often cannot find candidates who will accept such a low salary, so students miss out on important classes as we look for people to teach them.

We want students to stay at Castleton to get a degree. Castleton offers small classes and close contact with professors, who are at present an excellent

Continued on pg 5

Holman D. Jordan

He will be missed by all whose lives he touched

Holman D. Jordan, Jr. loved Vermont, where he was born in 1930, in White River Junction, and died this past October 14, 2004, at his home on Main Street in Castleton. And Bill Jordan, as he was called by those who knew him, loved history—studying it, teaching it, writing it, applying it, and making a difference in it. For thirty-two years, from 1965 until his retirement in 1997, he was a member of the faculty of Castleton State College. He completed his doctoral degree at the University of Alabama in 1967 and upon retirement was awarded the highest faculty title: Emeritus Professor. Bill Jordan taught literally thousands of students over the years in courses ranging from U.S. history surveys, to the Civil War, the South, the U.S. in the Cold War, Vermont history, Oral history, and the History Senior Seminar. He introduced students to the value and techniques of oral history; and turned their efforts into an important book, Lake Bomoseen, an original contribution to historical knowledge about Vermont and how the people of this region lived and helped shape it. Bill Jordan also served the college in a number of administrative positions—as History Department Chair; Social Scienes Division Director; Special Assistant to the President; President of the Faculty Federation; and Chair of the Department of History, Geography, Economics and Politics. An ardent advocate for the college and for the state of Vermont—and especially for the crucial importance of preparing Castleton students to teach history and social studies in its schools—Bill Jordan also contributed greatly to the local Castleton community as its Town Moderator, School District representative, member of the public library board, President of the Castleton Historical Society, and a founder of Castleton's Senior Citizens Center. Bill Jordan will long be remembered by his students, colleagues, and all who worked with him in his many worthy endeavors.

—Elizabeth H. Sumner
Professor of History
Castleton State College

Have an opinion? Would you like to write an article? Send us a personally drawn piece of artwork or let us know if something is happening on campus that we don't know about. The Cairn is always looking for student contributors.
You can e-mail us at:

Cairn@castleton.edu

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A Hard Gap to Bridge

Kristopher T. Setchfield
Cairn Contributor

On Tuesday September 28, 2004 former Vermont Governor Howard Dean came to Castleton State College to give a speech titled "November 2, 2004 — A Day of Reckoning for a Divided Nation." Held in the gymnasium during lunch period, every seat was filled and attendees were forced to line the walls and stand outside.

Dean gave a very good motivating speech that spanned the generation gaps present in the room. His presentation was thoughtful and interesting and he did an excellent job at bridging the gulf between political issues at the level of the presidential race and the sheltered world of Castleton State College.

Having been previously employed as a judge for high school and college forensic competitions I was very interested to hear how Howard Dean would accomplish this task.

The former governor's speech was direct, to the point, and completely improvised. His presentation was logically presented and flowed depending on the audience's reaction. Such a thing evidences mastery of a subject. Rather than reading a trite and previously prepared speech while standing at the lectern, Dean donned a lapel microphone and walked around the stage interacting with the crowd. He started with a little small talk about the women's soccer team's recent victories and then dove right into chiding and criticizing the way that most of us don't get involved in politics, take part in the democratic process, or even bother to go out and vote. He put the responsibility on us rather than on the politicians in D.C.. One could hear a pin drop in that huge room when he said, "You have to run for office."

Dean's speech was crafted to reach many different kinds of people. "Just voting gets you a 'D' - barely passing," he said. "In order for democracy to work you each have to get involved." Dean then detailed three ways that this should be done, depending on one's experience and resources: 1) run for office, 2) work on someone's campaign, or 3) donate money to someone's campaign. Dean gave ways to get involved that work whether you are a 70-year-old World War II veteran, a 20-year-old student, or a 50-year-old professor.

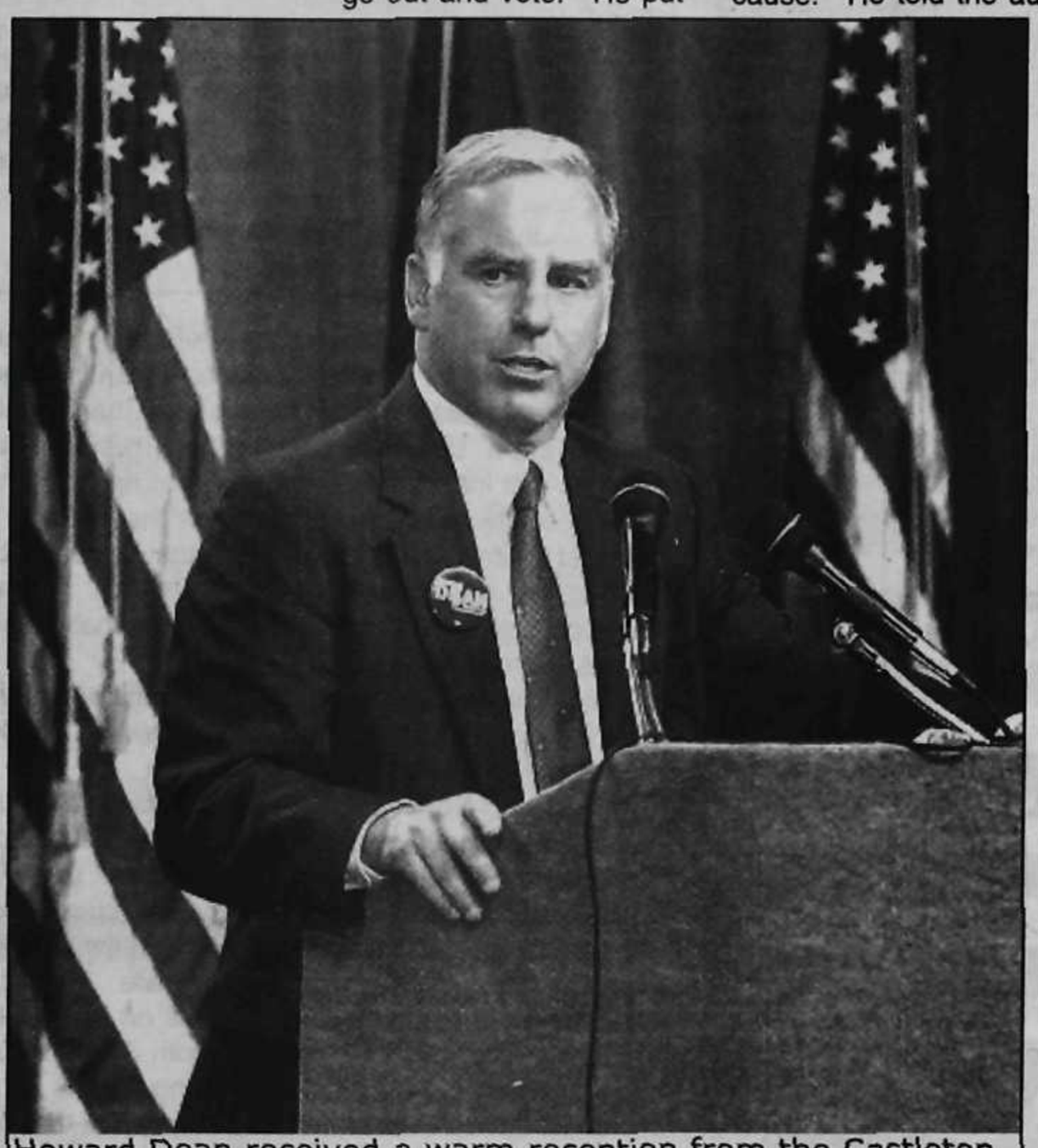
Governor Dean's arsenal was packed with facts to support his arguments. He used them to send chills down the spine or enflame a sense of activism. After relating some advice he received from Vice-President Gore, Dean told us that he believes that actually winning or losing a certain election is not as important as the greater effects that running in that election has on the larger cause. He told the audience about numerous Democratic candidates who are leading their elections around the country because of the good effect of Dean's "failed" campaign. He made it possible for them to run, even in very Republican districts.

To illustrate Dean's use of facts in his speech by contrast, all one has to do is listen to a speech by President George Bush. Bush's speeches are known to be full of calls to grand and emotional concepts like duty, honor, freedom, fear, and God, yet are scant on concrete and verifiable facts. He often states that he knows what is right and that the best thing for us to do is to just trust him. Dean, on the other hand, did not appeal to emotions or fear, but rather appealed to our logical minds. His use of copious facts showed his belief that, "If you give people good information they will make the right decision."

Some people have said that Dean did not position his speech to really capture the college mind. Therefore I questioned quite a few students after the presentation. Some mentioned that they thought that his speech was not fitting for the student audience. It seems that much of what he said went right over their heads and he did not succeed in connecting with them. Indeed, it is a tall order to convey the importance of social issues such as available health care to a student body that, on the whole, has never experienced illness. It must be difficult to inspire a student body to activism against unemployment when the body has, for the most part, never had to work to support itself. How can one know light without knowing the dark? Without the sour can a person ever really know how sweet the sweet is? How does a person convey just how important warmth is to someone who has never had to spend a night in the cold?

Despite this criticism, I hold my opinion that Dean gave an excellent and motivating speech. Although it may have just been impossible for Dean to reach across such a wide gap and connect with the student body,

I believe that this cleft is not Dean's fault as a speaker but is a result of the amazing level of privilege that Castleton State College students enjoy, often unknowingly. Dean offered countless examples of how politics may touch a young person's life and compelling reasons to get involved beyond merely voting. In the end, however, you can lead a horse to water but you can't make it drink. ■



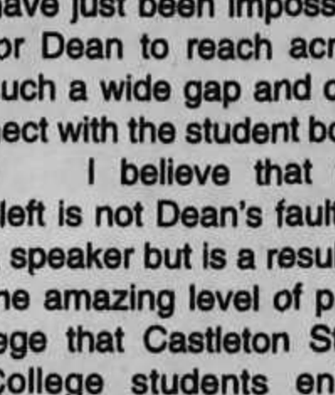
Howard Dean received a warm reception from the Castleton community and urged students to get involved and run for office.

Photo By: Kristopher T. Setchfield

I questioned quite a few students after the presentation. Some mentioned that they thought that his speech was not fitting for the student audience. It seems that much of what he said went right over their heads and he did not succeed in connecting with them.

Governor Dean's arsenal was packed with facts to support his arguments. He used them to send chills down the spine or enflame a sense of activism.

Lunar Eclipse
TONIGHT



at 9:14 p.m

More News

Bill Schein presents "Will Markson for President" at Castleton

CASTLETON - Bill Schein presents "Will Markson for President" Wednesday, October 27 at 7 p.m. in the Castleton State College Science Auditorium.

In the role of Will Markson, a fictional presidential candidate, Schein combines humor with a unique view on American democracy and how to improve it. He tours the U.S., raising awareness of the need for democracy reform in a fun, engaging way. ■

Castleton hosts Career Fair October 27

CASTLETON - Castleton State College hosts a career fair in Glenbrook Gymnasium, Wednesday, October 27 from 9 a.m. to 3 p.m.

Judith Carruthers, Castleton director of career development, expects more than 500 students to attend the event, which hosts representatives of 65 companies and 15 graduate schools.

Chrispin White, director of internships, community service, and service learning, is available throughout the day to find matches between the abilities and interests of students and the needs of businesses and organizations.

For recruiters the day begins at the President's Breakfast in Huden Dining Hall at 8 a.m. where Governor Jim Douglas is the guest speaker. ■

Breast Cancer Awarness: Tips from the Student Nurse's Association

Alyson Niles
Cairn Contributor

October is National Breast Cancer Awareness Month. "I'm young and carefree, what does that mean to me?" you might ask. The truth is that one in every eight women will develop breast cancer in their lifetime, and for every 100 women with breast cancer, one male will develop the disease. Breast cancer is the leading cause of cancer death in young women ages 35-40. While the incidence of developing breast cancer in your twenties is low, the disease tends to be much more aggressive in younger women, leading to lower survival rates. *A woman is diagnosed with* breast cancer every two minutes. Statistics like these can be scary!

Are you ready for some good news? When breast cancer is found early, the 5-year survival rate is 96%. The three most important keys to early detection are monthly self-breast exams, clinical breast examinations and annual mammograms.

Seventy percent of all breast cancers are found through self-breast exams. It's important to know your body so that you know when *something has changed. Any* unusual lumps (especially those that don't move), swelling, or discharge should *be reported to your primary* health care provider immediately. Self-breast exams in women are most effective when performed one week after your period. For complete instructions on how to perform a self-breast exam, consult your healthcare provider, or refer to helpful websites like www.b4bc.org or www.national-breastcancer.org.

Women in their twenties and thirties should have their breasts examined by their primary healthcare provider at least every three years. Wmen in their thirties to forties should be evaluated yearly. Your *annual physical is the perfect* opportunity for you to discuss risk factors like family history, early onset of menstruation, diets high in saturated fats, regular alcoholic consumption and an inactive lifestyle. Be sure your healthcare provider is aware of any changes in the appearance or feel of your breasts.

A woman's risk for developing breast cancer increases significantly after the age of 40. Therefore, yearly mammograms are suggested for women in this age group. Mammography can detect cancerous growths the size of the head of a pin. This technology works greatly in your favor, as survival rates are high when cancer is detected early.

While there are no guarantees, early detection is where it's at! Performing self-breast exams, receiving annual clinical breast exams and undergoing yearly mammograms after the age of 40 are all ways to increase your odds of survival should you develop breast cancer. Take an active role in your health management and increase your chances of staying well! You've got your whole life ahead of you, why not make it a long one? ■

Interested in Learning More?

visit these websites:
www.b4bc.org
www.nationalbreastcancer.org

Become part of the cure:
Susan G. Komen, Race for the Cure. Learn more about breast cancert and how you can help find the cure.
www.komen.org

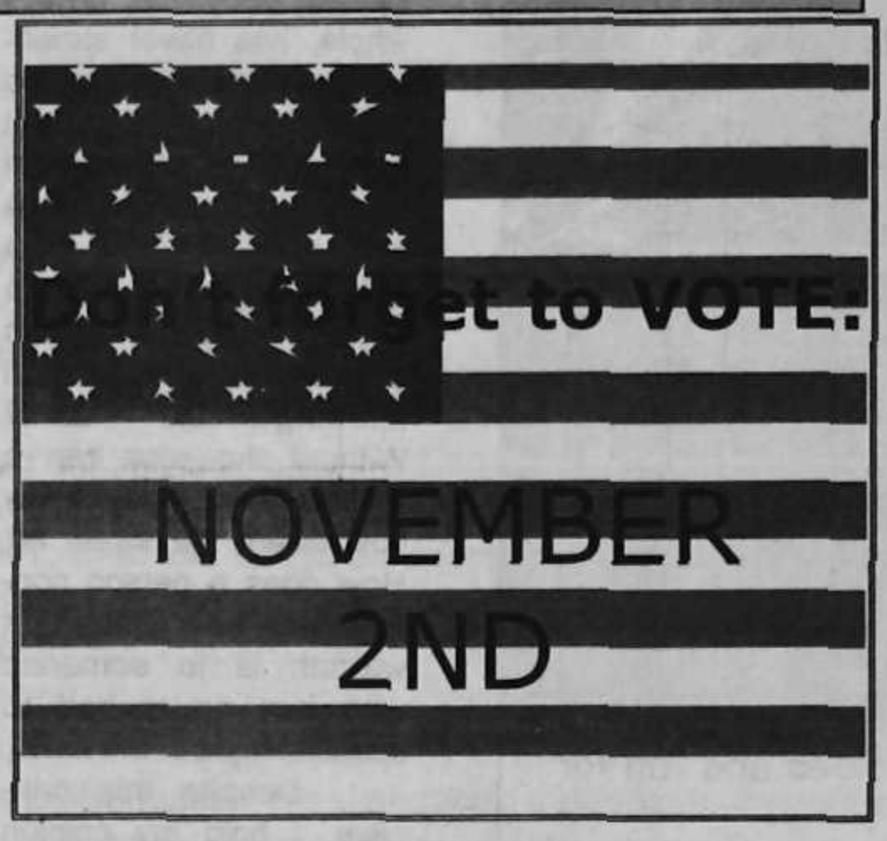
VOTE continued from *front page*

and was pleased with the amount of participation from young people.

"We (young voters) need to get involved more and know what is going on," Taryn Parke, a young voter who was at the political fair to promote her father's run for office.

Generally, many of the candidates were concerned about three main issues. First, an increase *in the quality of health* care for Vermont residents, as well as making health care available to all, regardless of how much money a person makes, seemed important to everyone. Moreover, each candidate, in their own particular way, stated that Vermonters are in need of higher paying jobs, which provide livable wages and reasonable benefits packages, especially in the Rutland area. And lastly, the need for renewable resources that are cheaper than the ones we currently use and a concern about the current environmental policy was also stressed.

Other ADP events this month included a film series called "Democracy Interrogated" along with speeches from Bernie Sanders, Peter Clavelle, and Ben and Jerry. ADP's efforts will culminate with the Walk The Vote event on November 2. This Election Day, student's faculty, staff, and members of the community are invited to walk to the polls to vote and participate in democracy. ■



STEM CELL continued from front page

because embryos must be destroyed to harvest stem cells." (CNN.com)

The issue of stem cell research has come up repeatedly during Campaign 2004. Senator John Kerry claims on his website (www.johnkerry.com) that, if elected, he will "lift the barriers that stand in the way of science and push the boundaries of medical exploration so researchers can find cures that may exist." Kerry argues that the cell lines Bush claimed existed were far less than the American public was told. He claims that out of the 60 stem cell lines the public were told about, only 19 turned out to be available for research. The others, Kerry claims, were either not genuine cell lines or had no scientific value. Senator Kerry says he will "overturn the ban on federal funding of research on new stem cell lines, and he will allow doctors and scientists to explore their full potential with the appropriate ethical oversight."

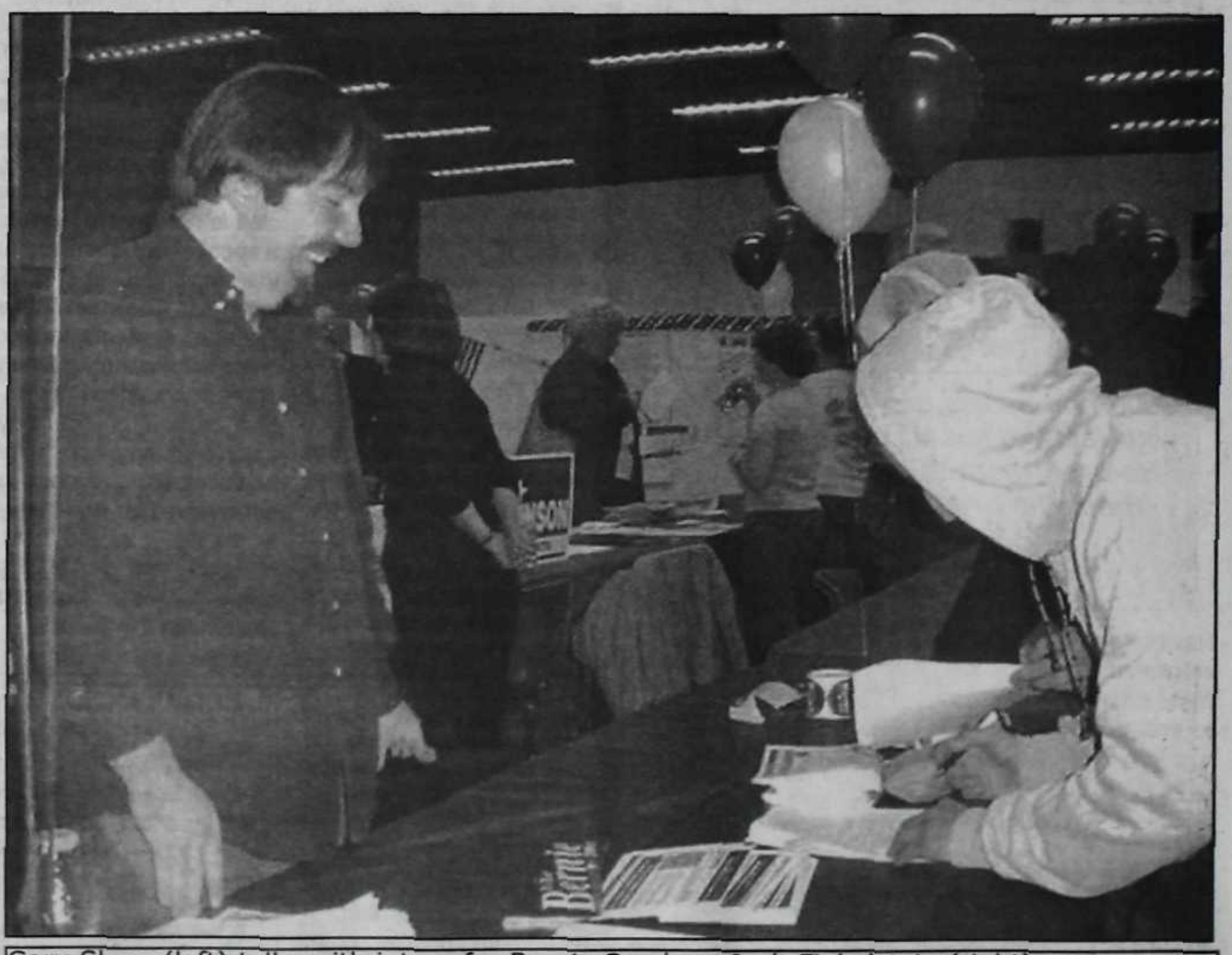
President Bush claims on his website (www.georgewbush.com) that "John Kerry has made a repeated effort to mislead the press and the public on the reality of the new federal funding for stem cell research that the President announced in August of 2001."

> *"...lift the barriers that stand in the way of science and push the boundaries of medical exploration so researchers can find cures that may exist".*
>
> -John Kerry says on his website

The President claims that before he delivered the first funding for stem cell research, there was none available. He also claims he did not "ban, limit or restrict stem cell research." The President also believes it is inaccurate to the say that he has limited funding of stem cell research, when the funding "did not exist to limit." The President makes it clear that the funding he announced did "not include funds to *research stem cell lines from embryos that had not* already been destroyed."

On his website, the President points out the misleading facts that the media has reported on his position on Stem cell research.

As for Christopher Reeve, *People* Magazine reported that "Reeve was fervently in favor of this controversial research." The magazine said that "The issue landed squarely in the center of the current presidential campaign when Kerry cited Reeve, a good friend, in the Oct. 8 presidential debate. 'I think his awakening of people's consciousness on this issue is quite extraordinary.' says Kerry.'" Both Senator Kerry and President Bush have very strong beliefs on the stem cell research issue, and it is just one of the many controversial issues facing voters on election day. ■



Gary Sloan (left) talks with intern for Bernie Sanders, Josh Finkelstein (right).
Photo By: Kristina Collins

New Resident Hall Will Affect Student Parking

Scott Lanphear
Cairn Staff

While beautiful in stature, the new resident hall may be a headache for commuters.
Photo By: Beth Pantzer

With the opening of Castleton Hall, many students who spent the first part of the semester living in Rutland hotels are now full-time residents of the campus. The increase in students on campus means more cars on campus more of the time, making the parking lots more crowded than usual.

Director of Public Safety James Fuller said that even with more residents on campus there is still ample parking for all community members of the Castleton State College campus. "We may not be fond of it, but we have 240 spaces in the temporary lot that is available to all campus community members." Fuller said that many people have said that this parking is only for freshmen, but in fact it is for all people "from visitors to administrators."

Fuller noted that there would be more cars parked overnight on campus. "We may need to look at allowing some leeway for residents parking in commuter lots until the lot north of the new residence hall becomes available in mid-November," he said.

Heather Donohue a senior who lived in one of the hotels before moving into the new residence hall, said that she hasn't had problems with parking, but said, "I'm sure there will be [problems]." She said, "There was not enough parking to begin with." She also commented that the new residents moving onto campus would only make the situation worse. Donohue also suggested that the college should look into building a parking garage to accommodate more students, especially as the student population increases over time.

Lindsay Wilkens, a sophomore who also just moved into the new residence hall after living in the hotels, said that once the new parking lot opens, the parking situation would improve. She also said that until the lot opens, there will probably be problems with parking. As for having to park in the temporary overflow lot, she said, "I'm not walking all the way [from overflow] and back." Wilkens said that she thought such walking back and forth, especially at night, was not safe.

Josh Wilkinson, also a sophomore who just moved into the new residence hall, said that there "will be problems" and that more parking space will be needed to accommodate more students.■

FACULTY Continued from pg 2

and dedicated group. But what motivation would students have to major in a subject when there is no feeling of stability or consistency in their faculty? If students can't count on working with their favorite professors, why should they stay? They can get a cheaper education elsewhere.

If students can't count on working with their favorite professors, why should they stay? They can get a cheaper education elsewhere.

When most of Castleton's professors were hired, the college made the claim that, although we wouldn't be paid well, the benefits were good. Now, in the course of over a year's negotiations, Chancellor Robert Clarke's team has consistently offered only to raise salaries if benefits are cut, so that the cost to the VSC will be virtually the same. The chancellor is a numbers person and will reply to any question with a battery of statistics. I am a language person, so I will put my appeal in words:

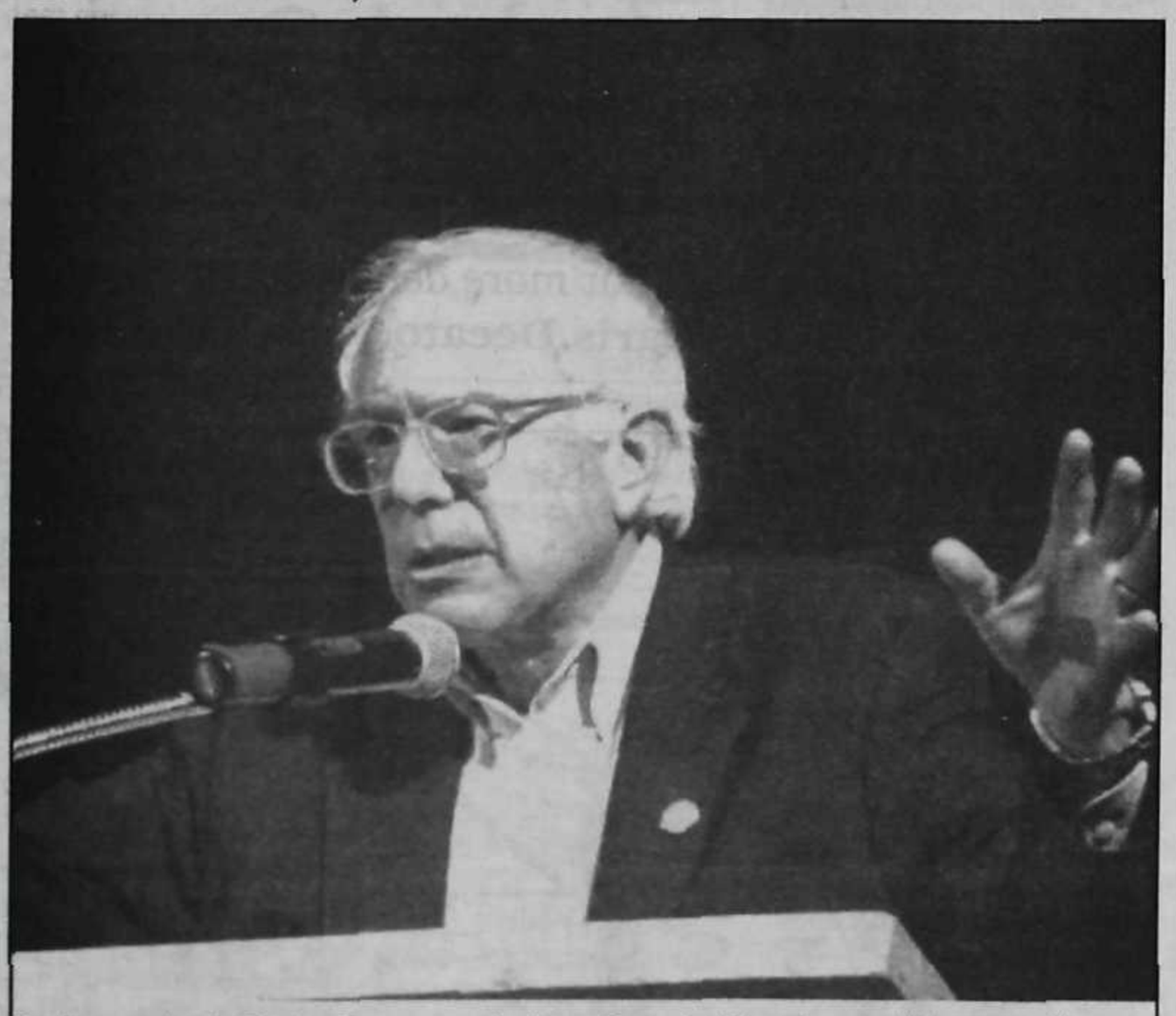
Chancellor Clarke, we have waited long enough. The faculty is the heart and core of any college, and the VSC's faculty are truly the gems in its crown. You have two choices—you can barter those gems for cheaper and cheaper stones to make a quick profit, or you can let them shine and take pride in them. Investment in the faculty will bring the highest return in the form of a student population who are inspired to excellence and proud of their VSC degrees. Please do the right thing for the faculty, staff, and administrators of the VSC. Give us fair pay, decent benefits, and a reasonable workload.

We will make the Vermont State Colleges proud.■

Bernie Sanders Talks to Castleton College Students

Jonathan Hoots
Cairn Writer

On October 19, Bernie Sanders, who is the only Independent among 435 members in the House of State Representatives, and who will also be running for congress again in the upcoming elections, came to Castleton College to talk with students about some issues that he feels are important not only to our state, but also to the entire United States.



Independent State Representative Bernie Sanders addresses the student body.
Photo By: Kristina Collins

Sanders has been our state representative since 1991, and has been reelected six times since then. Before gaining a seat in the House of Representatives, Sanders was the mayor of Burlington VT from 1981 to 1989.

Gary Sloan, a senior here at Castleton College, and an intern who is currently working on the Bernie Sanders campaign, gave a brief introduction speech about his experiences working with and for the man.

After Sloan's introduction, Bernie took the stage and jumped right into a discussion about things he sees wrong in government, and things he would like to change.

He emphasized the importance of "being involved" in politics, and his belief that freedom is not just about sitting back and relaxing while governmental policies are made and enacted, but actually using one's ability to be heard and acknowledged when important decisions about how our country is governed are made.

He mentioned his growing concern for the collapse of the middle class in America. The average American, he says, is generally working more hours for less pay. Housing is less affordable. The gap between rich and poor is increasing, and in the last four years, nearly four million Americans have descended into poverty. According to Sanders, the U.S. has among its citizens the most unequal distribution of wealth on the planet when compared to all other industrialized nations, i.e. one percent of the population owns more of the wealth than the bottom ninety percent, and CEO's generally earn five hundred times more than most of their workers earn.

He spoke of his problem with the globalization trade policy and how it has taken away many of the jobs from U.S. middleclass citizens and given them to members of poorer nations who will work for less money and no health benefits.

In an attempt to rectify the increasing problem of poverty in our country, Sanders hopes to raise the national minimum wage from $5.35 an hour to something more reasonable, more livable.

Sanders also mentioned the disintegration of the American health care system and blamed the Bush administration for its decline. He said that, under Bush "the current system is falling apart" and asked the students in attendance if all Americans should be entitled to some form of health care as a benefit of being a citizen of this country. Nearly everyone raised his or her hands. He then stated that such a plan is possible if the system could be converted to a program that was less wasteful.

Next, Sanders talked about college education. He said higher

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week to find out who gets voted off.

The reality format has only been a popular format for about four years, but the roots of this format go back further. MTV's *The Real World* premiered back in the early 1990s and is considered one of the pioneers of the format. In addition, such shows as *COPS* and *America's Most Wanted,* as well as daytime talk shows and courtroom shows, also somewhat set the stage for this new format.

The reality trend does not appear to be ending anytime soon. All the major networks and cable outlets have plans for reality shows in the works. Far from being a fad, the reality show will likely take its place alongside dramas and sitcoms as standard television programming many years to come.■

HALLOWEEN continued from front page

spine.

"I was on a website yesterday that gave a list of all the haunted places in Castleton..." my friend said, pointing to the house. "I think this was one of them."

I gave the house a quick glance, paying no real mind to his comment. After all, who really believes in ghosts anyway? As we continued to walk, we ended up under the warmth of a bright streetlight. Just as we were about to pass, something small hit the road behind us.

Tap, tap, tap...

We both spun around simultaneously to see what had happened. Right in the middle of the street was a small object, which looked almost like a piece of bark. Now a little tense, my friend and I began to walk faster. After a second or so, we realized that the road ahead was only going to become darker, and farther away from safety. Seth then turned to me and asked a very sensible question:

"Why are we still walking in this direction?"

As if on queue, we once again heard something from behind.

Tap, tap, tap...

This time, we turned around just in time to watch another object (the same as before) tumble toward us as if thrown. *Now so close to us, I* could see that it was shinny and ridged, like a computer chip. The very second the object landed with its final tap, the street light above us went out, bathing us in darkness.

Seth and I looked at each other, our expressions hidden in the darkness.

"Can you sprint?" he asked me.

"I can if the situation calls for it." I replied.

It did, so we ran.

I have often heard stories of the spirits and specters that haunt the *town of Castleton, but I* never truly believed such tall tales until that night. As it turned out, the old house my friend and I walked by used to be an antique shop. The building is boarded up, utterly accessible, yet the remaining objects inside tend to move about during the night.

I was even more convinced of the existence of spirits when I heard of a small abandoned shack on the railroad tacks near the Four Corners one mile west of Castleton. As rumor has it, sometimes an unexplained red light emits from a window in the shack late at night. This knowledge chilled my bones, because I have actually viewed this event *without realizing its supernatural origins.*

These spiritual misadventures have *sparked a sudden and* strong fascination for the unknown in my heart. According to many of the students and faculty on campus, the town of Castleton is full of lost souls: spirits who dwell between the land of the living, and of the dead. I wish now to take you on a journey into the world of the dead, and detail a few places one can find in Castleton where ghosts make their haunts.

I learned of this first tale in my freshman year at Castleton State College. Every year students *report new docu*mented cases of strange happenings on the third floor of the Ellis Hall dorm. This all-girls floor has experienced a number of odd happenings: showers and sinks in the bathroom will turn on when nobody is around, curtains in the rooms will open during the night, alarm clocks will go off without proper prompting, and a sound like someone jumping on a trampoline can be heard through the halls.

Perhaps the most disturbing incidents in this dorm occur during the *middle of the night, when* a number of students have reported seeing the ghostly face of a young girl looming over them when they awaken during the night. A young man once slept on the third floor alone, and woke up screaming and gagging, as if being choked by something. When asked about the incident later, the young man said he saw a young woman in the room with him, similar to what the other students had experienced. The speculation of the students is that the source of the disturbances is the spirit of a young woman who once lived on the floor. Penelope, as she is called, hung herself in one of the showers on the third floor, apparently in grief *over a broken heart. The* last sighting of Penelope was in 2003, and girls who have lived in Ellis during separate years still share stories about her.

Another supposed site for paranormal activity is on a field east of the town of Hubbardton. In 1777, a battle was waged there against the British army. It was the only battle during the American Revolution that took place entirely on Vermont soil. The Battle of Hubbardton involved approximately 2,130 troops and resulted in a total of about 580 casualties, or roughly 27 percent of all participating troops. Some say that these lost souls still battle each other late at night on that field, attempting to reclaim their glory. While *these bouts of combat* cannot be seen by the average human eye, a well aimed shot with a camera might capture the carnage.

Perhaps the most interesting of Castleton's mysteries dates back to the story of Penfield Churchill. Sometime within the last century or so, there was an anatomy class taught in the old chapel on the campus grounds. Back then, it was quite difficult for anatomy professors to acquire cadavers for study purposes, and it became commonplace for students to go to local graveyards and exhume bodies that had recently been buried *(only fresh corpses would* do). The students would come to the graveyard at night, carefully move the flowers away from the a tombstone, dig up the coffin, remove the deceased, and then put everything back to the way it was.

A priest of the local church suspected that grave robbing was occurring, but he had no evidenced to back his theory. When a woman by the name of Penfield Churchill was buried near the Hubberdton battlefield, the priest hatched a plan to catch the thieves in the act. *He arranged the flow*ers on her tombstone in a special order, in hopes that those exhuming the grave would not put them back properly. When the priest went to check the tombstone the next morning, the flowers had been moved, just has he had anticipated.

This proof of grave robbing was all that was needed to start uproar in the town. A mob gathered outside of the chapel where three students were dissecting Penfield Churchill's body. The mob demanded the body be *returned, or they would* burn the chapel down. In a mad rush, the students hid the body under the floorboards of the chapel. Before they could do anything with the head, how*ever, the townspeople* came in to search. In a rush to hide the disembodied piece of flesh, one of the students put it under his lab coat and made his way out of the building in an attempt to evade the mob. The townspeople scoured the chapel, but found nothing (the student with the head had snuck out unnoticed). Just as they were about to leave, one of the men noticed a loose nail in a floorboard. Upon examining it, the townspeople uprooted the floorboards of the chapel and found Penfield *Churchill's body.*

In response to this horrendous turn of events, the dean of the college expelled two of the students (one of them transferred to a different school before receiving his fate). Penfield Churchill's head was eventually recovered, but her spirit is still in unrest over the violation of her body. Sometimes during a stormy evening, people have been witnesses *to the ghostly form of an* old woman looking through the window of the old chapel. The building is kept locked up during the night, so no one is able to get in or out. If this is the ghost of Penfield Churchill, we may never know, but an old woman who is able to get inside a sealed building late at night certainly deserves attention.

The supernatural history of Castleton is a vast one. Ask anyone on campus and you will hear a haunting tale of mystery. Who knows where it *ends? There could be any* number of undiscovered spirits wandering Castleton's grounds, desiring to make their presence known. Perhaps now you avid believers of the spirit world will have the motivation needed to go exploring. The unknown is waiting for you! ■

Looking for a person to DJ, or a small band to play at a wedding. Some experience prefered but not neccessary. References and Demo tape can be sent to Karis Decato Box 519 Castelton State College.

For more details email me at **Karis.Decato@castleton.edu.**

Women's Soccer On A Roll

Beth Pantzer
Cairn Staff

They're not making a splash in the pool, but Castleton is in the North Atlantic Conference women's soccer standings. With only two loses as of October 20th, the Spartans are ranked third in the conference.

Senior Hayley Daden helps lead the Spartans to a win against U. Maine Farmington.

Photo By: Beth Pantzer

Despite a young team, with seven freshmen and sophomores, the Spartans have proven themselves to be a tough squad. Coach Al Alvine's team recorded eight straight shut-outs, over came U. Maine Farmington 2-1 in two overtimes, and senior Amy Yandow was named player of the week for the week of September 26th.

> *"Working hard as a team and practicing hard between games keeps us on top of our game."*
>
> -Lindsay Lund

Alvine's squad also remained undefeated through 11 games, being handed their first lose against first ranked team Bay Path College. Falling also to Husson, the Spartans recently dropped to an 8-2 record in the NAC and 14-2 overall.

"Working hard as a team and practicing hard between games keeps us on top of our game. All the players on the team work their hardest during the games and that is what makes our team so successful," said freshman Lindsay Lund. "I think having younger women helps too. They're fresh athletes with new ideas and different ways of playing soccer."

With three regular season games remaining (two against conference teams) before the NAC quarter-finals, Castleton still looks to be a strong contender for the championship.

"I think our chances of winning are very good if we keep working hard. The other teams will be very competitive but if we remain competitive too, I think we can win," added Lund.

The Spartans have not won a conference championship since 1984 in the Mayflower Conference and last season ended with a loss in the semi-finals to Husson. Alvine's squad will look to improve on last year beginning October 31st with a quarter-final match-up. ■

Spartan Update

Men's soccer
13-3-2

Women's tennis
11-3

Singles
Emily O'Connor 3-10
Molly Doherty 10-3
Jessie Ryan 10-2
Lisa Maxham 10-1
Amanda Begins 7-10
Laurie Albright (rain)

Doubles
Albright/O'Connor 6-8
Doherty/Ryan 8-3
Begins/Maxham 8-3

Women's soccer
14-2-1

Field Hockey
4-14

Cross Country
Women
1. Katie Sprowl 18:49 (1st)
2. Michelle Bird 19:18 (3rd)
3. Beth Pantzer 22:11 (25th)

Men
1. Keenan White 23:15 (6th)
2. Jace Klein 26:22 (30th)
3. Kyle Vinton 27:41 (36th)
4. Joseph Wissler 27:44 (37th)
5. Jeremy Gibbons 30:29 (53th)

60s Culture Survives With *Hair*

To celebrate the 35th anniversary of the opening of the Fine Arts Center, the theater arts department will be presenting the musical Hair on November 10-13 at 8 P.M. and on November 14 at 2 p.m.. in the Fine Arts Center.

Mike Trzciensky
Cairn Writer

Castleton's production will utilize over 50 students including 24 actions. "Hair will have a huge impact on the Castleton Community," says actor Barry Johnson, "it will make people think."

Todd Gordon returns as stage manager for Hair. "This 35 year old play is as significant to this generation as it was to the last generation," says Gordon.

This thought is seconded by Props Master Shawn Dayton who says that "as people were able to make connection between the play and the Vietnam War in the '60's, people of today will be able to make that same connection with the current difficulties going on in the world."

Perhaps the power of the play is best summed up by its director, Harry McEnerny, who says simply "With freedom comes responsibility."

Hair was inspired by the hippie counter-culture of the late 1960's and ran on Broadway from 1968 to 1972. The show was unsuccessfully revived in 1977, closing after only 43 performances. The show was a major success in the late 1960's and provided the major hits, "Aquarius/Let The Sunshine In(The Flesh Failures) (Fifth Dimension, Billboard #1), "Hair" (The Cowsills #2), "Good Morning Starshine" (Oliver #3) and "Easy To Be Hard" (Three Dog Night #4).

Heather Denardo, a Castleton actress, said, "Hair has a timeless quality. It has been around for 35 years and its themes continue to apply today." ■

BERNIE continued from pg 5

education is important for individuals who want to better themselves and for a country as a whole to move forward due to the sheer growth of intelligence within its citizens. He also came back to a recurring theme in his talk: the importance of "being involved in politics," and indeed, what he said next pertained too many of the students in attendance. "Financial aid has not kept up with the pace of inflation," said Sanders. According to him, the average debt for students graduating college is around $18,000. This means that most students just out of college have to find higher paying jobs rather than professions trained for their entire college careers because of the pressure they feel from debts incurred by collage loans. "Should more tax breaks be given to the rich, or should more money be invested in Pell grants and financial aid?"

In wrapping up his talk, Sanders once again stressed the importance *of every person being* involved in politics and in choices which are made every day that directly or indirectly affect us all. Sander declared his hope for a free country whose citizens are unafraid to voice their opinions about vital issues and have respect for the differing opinions of other human beings.

A question and answer session followed Sanders' speech. He was asked about the Patriot Act and told the students that he had plans to wipe out some of the worst aspect of it. He was asked which issues he and Kerry agreed upon, *and where he and the* Presidential candidate differ. In his answer, Sanders stated that George Bush is "the most extreme right wing President in history," and that he agreed with Kerry's environmental policy, his stance on the abortion issue, and Kerry's intent to increase the national minimum wage, though he thinks Kerry will not raise minimum wage enough. When asked if he thinks Congress should do away with the Electoral College, Sanders ultimately said yes. Finally, a question was asked about the bias *nature (if there is indeed* one) of the news media networks.

Sanders informed attendees that only a few large companies own most of the news media outlets, and so such a phenomenon creates a bias in the kind of information available to American consumers.

To get more information about Bernie Sanders, his platforms, his stances on the issues, and what he has accomplished in his rather long career as a public figure, go to http://bernie.house.gov.

There have also been a handful of books *written about the man*, which will shed more light on his past and political agenda. ■

Student Government

Sean Comeau
Student Association

Welcome new faculty, staff, and students to Castleton! My name is Sean Comeau and I am the President of the Student Association. Be it a new office, classroom, resident hall, or hotel room, I hope you have found or have begun to find your niche here in our community. I would first like to acknowledge the resident life staff, physical plant staff, and the college administration for the hard work and dedication on the residents' hall project. Although delays prevented the opening of the residents' hall in August, the task of finding temporary homes for 150 students wouldn't have been as organized or prompt without the care and concern of these people.

I would also like to take this time to extend an invitation to all students, faculty and staff to get involved with the Student Association. Whether it is attending Coffee Cottage, a concert or a lecture, showing your support is imperative to the success of the SA. I urge students to get involved and let your voice be heard. There are many clubs, activities and groups in which you can join and make a difference around the campus. Write for the Cairn, help bring performers to campus or even go to a movie on Friday night, you are what makes the SA work. If the Student Association does not have a club or activity that interests you, get involved and start your own club. It is really easy. All you need to do is head on over to the Student Life office and speak with Victoria Angis or Melissa Paradee and they can get you on your way.

I would also like to extend an invitation to the faculty. You are always welcome to attend the events held by the SA or better yet, become an advisor for one of the many clubs on campus. We need to start bridging the gap between the faculty, staff, and students. All to often South Street becomes an impenetrable wall. Without one another, our community is lost.

Here is a little information about the Student Association to get you started The Student Association promotes the educational and general welfare of the students here at Castleton. We are a self-governing structure that speaks on behalf of all students. There are many facets of the student government that you can join.

Tara Hogue, the Vice President of Activities, chairs the Activities Board that is responsible for all the student-funded bands, movies, activities and events that you see around campus.

The Finance Board chaired by Elisa Beatty, the SA Treasurer, which helps maintain the student accounts and is also responsible for approving and dispersing funds to the many qualified clubs on campus.

The Senate, which is run by Kate Raymond, The Executive Vice President, is composed of 15 student senators. All of these committees and Boards are open and are currently looking for energetic, dedicated people.

We are currently looking for qualified Senators, secretaries, students-at-large, and College Court Justices. If you are interested in any of these positions, or would like to receive more information, please head on over to the Student Life office in the Campus Center, or you can e-mail me at Sean.Comeau@castleton.edu

Thank you for your attention. I look forward to another great year at Castleton! ■

New course for the Spring Semester

Spirituality in Social Work

Spirituality has been defined as an individual search for meaning, purpose and values. As a powerful resource for healing, spirituality allows clients to own that deep wisdom within as they travel on life's journey. The role & meaning of spirituality for social work practice and the individuals, families, and communities we serve will be explored in-depth. Exploration will include Christian, Hindu, Islamic, Judaic and Shamanistic traditions of helping integrated with existentialist, transpersonal and holistic systems theories.

Through an understanding of spiritual diversity, and an ability to reflect on one's own biases and preconceptions, a truly empowering alliance with clients will be presented for consideration. Tools for assessing spiritual development as well as creating a spiritually sensitive context for practice will be introduced. ■

Soundings for Fall 2004

October 27. at 7 p.m.in Science Auditorium. Performance. "Will Markson for President" A fictional presidential campaign aimed at increasing voter turnout

November 9 at 12:30 in Science Auditorium Lecture. "From Indian Paths to Military Trails: Cultural and Ecological Transformations at Glen Lake, New York." by Professor Paul Derby.

November 10-13 at 8 p.m, the **14** at 2 p.m in FAC Production. Hair ADULT THEME **ticket required*

Novermber 16 at 7 p.m in Fine Arts Center Film and Discussion. Prisoners Among us. A documentary explorinf Italian ethnicity in American, with filmmaker Michael DiLauroa.

November 18 at 7 p.m in Fine Arts Center Performance. Folk singer James Mee. In honor of FAC's 35th anniversary.

December 2 at 7 p.m in Fine Arts Center Performance. Rennie Harris Puremovement **ticket required*

December 6 at 7 p.m in Fine Arts Center Performance. John Hammond, Blues legend **ticket required*

"Behind the Wheel"

Judith Carruthers
Career Development Director

As mentioned in the last Cairn, Roadtrip Nation folks will be visiting our campus next Spring. In order to be considered for the RTN team, Castleton students will need to compete for the very limited spots. Here is the set up for the contest to become one of the folks chosen to go on the road with RTN in the Spring.

However, take note! Castleton is going one step further - of course! We want to start our own supplementary "Behind the Wheel" project. We want our students to begin interviewing interesting people right now - right here! We will video tape each interview and develop a super collection of our own! This is a fantastic way to supplement career information for those majors who find it difficult to meet contacts and for organizations that find it difficult to send a representative to our career fairs. We would like to have a minimum of one video taped interview for each major. We will use the audio portions of the taped interviews on "On Line Road Trip/Career Talk" at www.castleton.edu/careers. Students can meet with Chrispin and Judith to find out details. Also check out www.roadtripnation.com Castleton is a Chapter. The Chapter sites are in the process of development.
judith.carruthers@castleton.edu
chrispin.white@castleton.edu

Guess Who Showed up at Castleton?

Ben and Jerry are on the campaign trail with gubernatorial candidate Peter Clavelle. How well do you know your ice cream? Is the man on the right Ben or Jerry?

Photo By: Kristina Collins

New fun books available in the library

Major in Success by Patrick Combs

Move Without the Ball - Stedman Graham (Oprah's main squeeze)

DO IT! Let's Get Off Our Buts - P. McWilliams

How to Get Any Job with Any Major - D. Asher

101 Career Alternatives for Teachers- M. Gisler

Careers for Computer Buffs and Other Technical Types

Careers for Bookworms and Other Literary Types - Eberts/Gisler

Careers for Environmental Buffs and Others Who Respect the Earth - Fasulo & Kinney

Careers for Night Owls & Other Insomniacs - L. Miller

Careers for People on the Move and Other Road Warriors - Eberts/Gisler

Careers for Nature Lovers & Other Outdoor Types - L. Miller

Careers for Mystery Buffs and Other Snoops and Sleuthers- Blyteh/Camenson

Odd Jobs -Portraits of Unusual Occupations (like arm pit sniffing) - Schiff

Inside a US Embassy - How the Foreign Service Works for America

"Please vote for my Gay Rights" Public Service Announcement

-created by a Castleton student
-starring Castleton students and staff

http://www.msnbc.msn.com/id/5843243

Thank you! -Koran Salem

Koran's film is currently in second place. Please watch the Public Service Annoucenmet and vote for her. Support your fellow Castleton student!

The Cairn

Issue 3 November 10, 2004

President George W. Bush Wins Re-Election

Beth Crosby
Cairn Staff

President George W. Bush won re-election Wednesday, November 3, 2004, defeating Senator John Kerry from Massachusetts. President Bush won 51% of the popular vote with 59,106,230 votes, while Kerry won 48% of the popular vote with 55,546,066 votes with 99% of the precincts reporting, according to CNN. According to WCAX, President Bush "received more votes than any presidential candidate in history." President Bush's re-election website claims that President Bush received over 58 million votes, which surpasses President Ronald Reagan's 54.5 million votes cast for him in 1984. Ralph Nader, according to CBS News, won 395,780 votes.

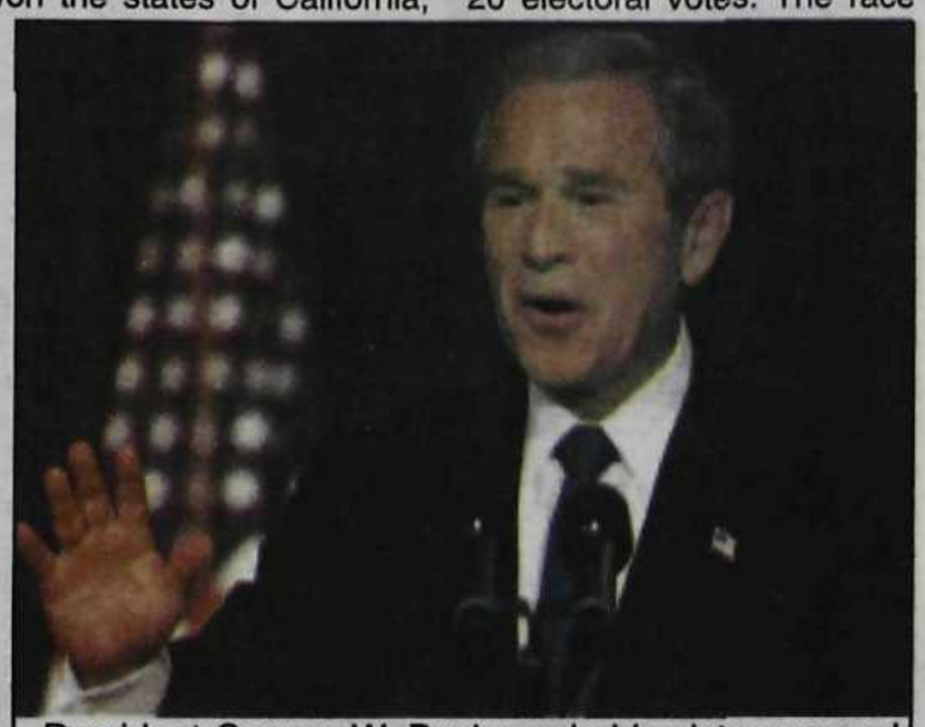
A record breaking 120 million people cast ballots, which according to WCAX was the "highest turnout since 1968."

270 Electoral votes are required to win the presidency. President Bush won 274 electoral votes, while Senator Kerry won 252 electoral votes.

President Bush won the states of Alabama, Alaska, Arizona, Arkansas, Colorado, Florida, Georgia, Idaho, Indiana, Kansas, Kentucky, Louisiana, Mississippi, Missouri, Montana, Nebraska, Nevada, North Carolina, North Dakota, Ohio, Oklahoma, South Carolina, South Dakota, Tennessee, Texas, Utah, Virginia, West Virginia and Wyoming. Senator Kerry won the states of California, Connecticut, Delaware, District of Columbia, Hawaii, Illinois, Maine, Maryland, Massachusetts, Michigan, Minnesota, New Hampshire, New Jersey, New York, Oregon, Pennsylvania, Rhode Island, Vermont, Washington and Wisconsin. At the time that this article was written, Iowa was still up for grabs, with President Bush receiving 745,734 votes to Senator Kerry's 732,483, with 100% of precincts reporting, according to CNN.

The election was running neck and neck into the early hours of Wednesday morning. It then became clear that for President Bush or Senator Kerry to win, one of them needed to win Ohio's 20 electoral votes. The race in Ohio ended up being very close, with President Bush getting 2,796,147 votes to Senator Kerry's 2,659,664. The difference between the two votes was enough to give President Bush Ohio's 20 electoral votes, and thus push his electoral college votes over the 270 required to secure the presidency.

Here in Vermont, Senator Kerry secured 59%



President George W, Bush made his victory speech on November 3.

Photo from: www.cnn.com

BUSH continued on page 6

Killington Ready to Open After Upgrades

Patrick Fenelon
Cairn Contributor

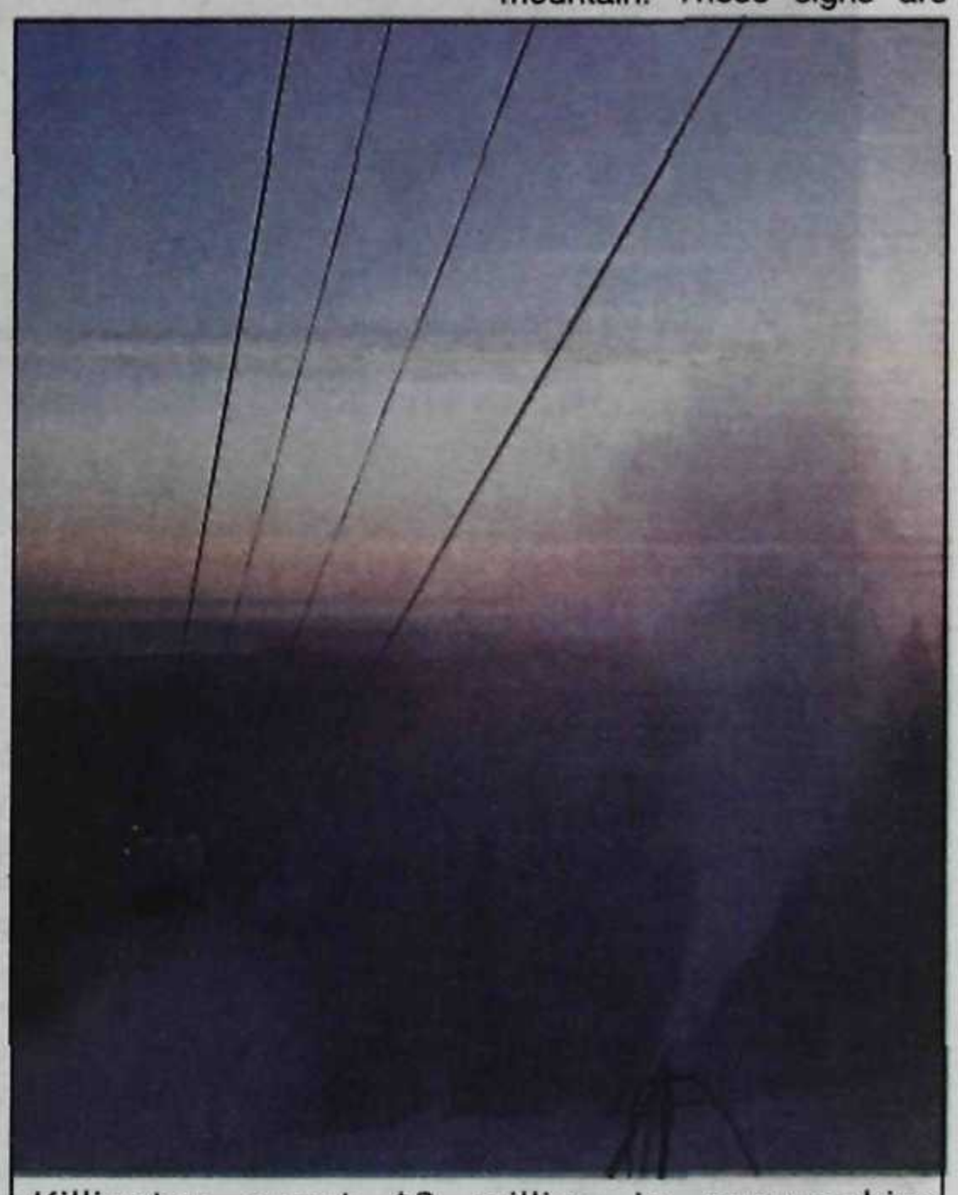
Killington will offer new terrain parks, increased snow making, better trail signs, and a new cafeteria for the 2004-2005 winter season. These will be the biggest improvements to the Killington resort in the last five years. The improvement are a part of The Mountain's ongoing brand identity refinement.

The expansion of parks and pipes will move Killington's main terrain park "The Beach" as well as two additional parks and the half pipe to bear mountain. The parks will have 20 new box and rail features. Giant pro level jumps will be built on one of the added parks which will also have advanced rails. The pipe will be cut by Killington's new pipe cutter called The Zaugg which is the same machine used in the cutting of the Olympic pipe in the Winter Games in Park City. "This machine will cut bigger smoother transitions than our old machine" said Jay Rosenbaum the Director of Terrain Park Operations at Killington. The half pipe will have a rope tow and a few rails planted above it. In addition to the parks on Bear Mountain there will be a newly designed beginner terrain park as well as two small beginner half pipes on Timberline. "Our Parks are going to be more fun than ever" said Rosenbaum. With these new park there will be new contests like the Forum Snowboards sponsored Young Blood, as well as all the old ones locals have come to know like the annual Loaded Turkey, and the annual Spring Loaded.

To support the expansion of terrain parks as well as making the current snow making system more productive and efficient Killington invested two million dollars in snowmaking improvements. Over the summer 15,000 feet of new snow making pipe was laid. This addition will add snow making across the entire mountain making Killington's snow making system which is already the largest in the east even bigger.

Over 500 new signs have been installed about the mountain. These signs are color coordinated to show skiers and riders not only the difficulty level of the trail but what lodge they are headed toward. This system is designed to save weekend warriors from confusion.

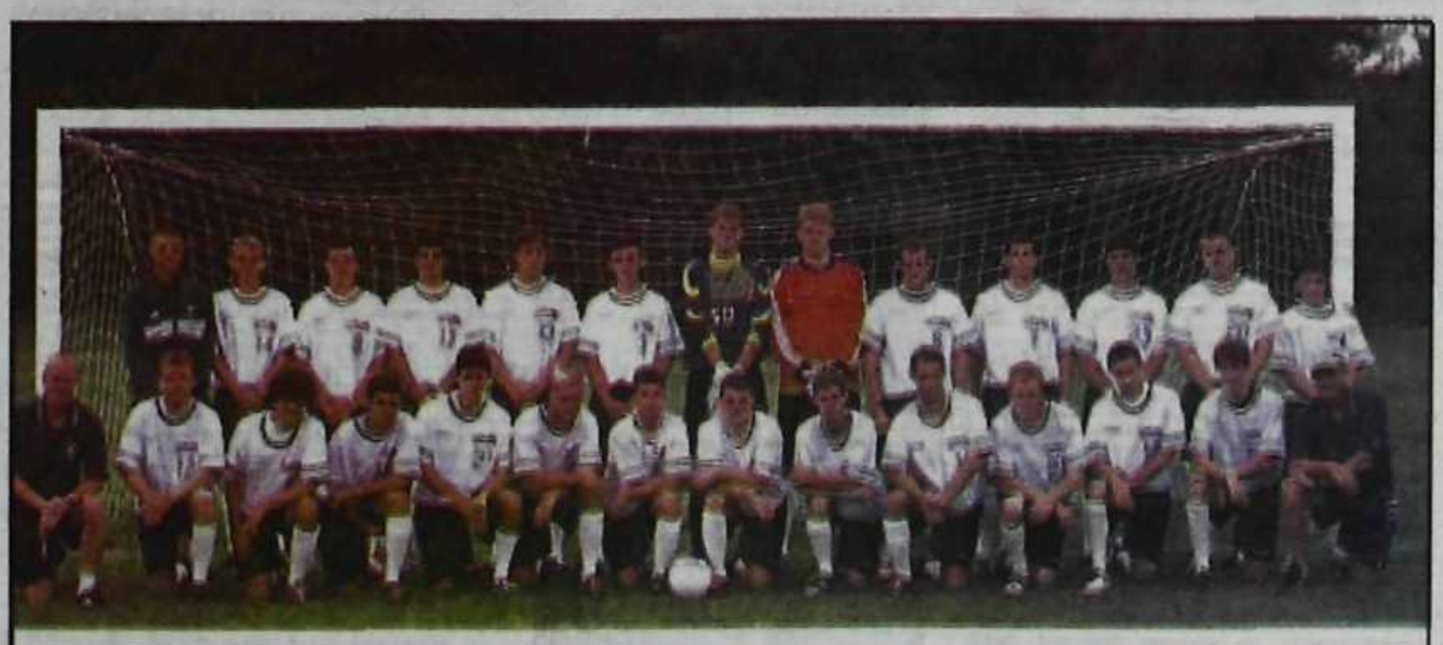
Carpenters this week are putting the finishing touches on the fully redesigned Snowshed Base Lodge. The lodge will have an entirely new look inside and out, including larger doors and the addition of a new cafeteria which according to Killington will have food for every appetite. ■



Killington spent $2 million in snowmaking improvements this summer. The mountain opened this week.

Photo from: www.killington.com

CONGRATS!



The Spartans defeated Lasell College to win the North Atlantic Conference Tournament on November 6th. The two teams played to a scoreless tie through 110 minutes, and the game was decided by a shoot-out. The win provides Castleton with the first automatic bid to the NCAA tournament in school history.

Photo from: www.castleton.edu

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Career Fair Draws Record Crowd

Lindsay Hale
Associate Editor

Approximately 530 students attended this years Career Fair which is many more than the average 480 students who usually come. Thirty-five different organizations (state, companies and graduate schools) and 21 medical centers and health care facilities attended. Vermont Gov. Jim Douglas attended also. He walked around the fair, and met with and greeted students, presenters and faculty.

A Vermont State College representative reads*The Cairn* at the fall Career Fair.

Photo by: Kristina Collins

Students said they attended the CSC Career Fair to research potential careers and graduate schools as well as to socialize with friends and faculty. Freshmen Katie Sprowl said that the Career Fair "opened m y

Director of Career Developement, Judith Carruthers (right) speaks live with a radio station at the Career Fair.

Photo by: Beth Pantzer

eyes to new job opportunities." Senior Sarai Pellegrino said the fair was "a good opportunity to see different schools and work opportunities along with great stuff." Other students at the fair said had that it has helped to influence their career decisions and even help determine if they have chosen the right academic major. Students who attend the CSC career fairs also made valuable professional contacts, which often turn out to be a valuable resource when the students graduate and are job hunting.

Several presenters at the fair said that such fairs not only benefit students but also those whose job it is to help them. Vermont State Police Sergeant Mike Manning said, "Anytime we can get out in the public in a positive way is good thing. It is a good chance for students to chat with a State Trooper about anything."

Judith Caruthers and Chrispin White, both of the CSC Career Development office, put the college's career fairs together each spring and fall. This fair, the largest such career fair in the state, was the ninth annual one held at CSC. ■

Study Abroad Opportunities

Becky Seguin
Advertising Manager

Castleton offers several study abroad opportunities throughout the year. In January, approximately 20 students and faculty will travel to Austria and Germany. The trip, which is nine days long, features an extensive itinerary. The trip, entitled "Alpine Journey," will begin in Vienna, the former capital of the Holy Roman Empire. After a guided tour of the city, the group will travel to southern Germany to visit Salzburg, where Mozart was born. The travelers will also venture to Munich, and will have the opportunity to visit a concentration camp at Dachau. Also included in the Alpine Journey are stops at Tyrol and Heidelberg before returning back to the United States. The tour is set to depart from Albany, NY on January 6, 2005.

Students during winter break also have the opportunity to travel to India and earn up to six credits during their time there. No foreign languages are required to participate and financial aid is available to eligible students. While studying in India, students will have the opportunity to explore ancient cultures, study Buddhist philosophy with Tibetan monks and meet local artists. The program is open to all students who wish to have a better understanding of diverse cultures. ■

Students visited Costa Rica in 2001. Another trip is scheduled for summer 2005

Photo from:www.castleton.edu/costarica

EDITORIAL

Paying for Our Future

We like to use the phrase: "The Children are our future." Heck, a decade ago, Whitney Houston even sang a song about it. In the United States, however, while we talk about how vital young people are to the success of this country's future, we have yet to properly reward those directly responsible for educating our children.

Classroom teachers in the United States are vastly underpaid. We ask these fine people to take care of our children for eight hours a day but they earn less than some people working at McDonalds. No one is saying that a person should be ashamed if they are employed at McDonalds but handling a Big Mac has far less responsibility than handling a seven-year old.

In Vermont, classroom teachers earn an average yearly salary of $39,166. That ranks 28th out of the 50 states. A first year teacher in Vermont makes an average salary of just over $27,000. So in Vermont, if you decide to go to college and dedicate yourself to shaping the minds of young people, you start out making $27,000 a year. In contrast, if you are a retail manager at the Gap, you start out making $29,500. Apparently, those low-rider jeans need more supervision than our children do.

Things are a little brighter in the state of New York for classroom teachers. New York ranks fourth in average yearly teacher salaries at $53,081, with a teacher's starting salary averaging $35,673. While those salaries are more lucrative than they are in Vermont, the cost of living is higher in New York. Also, teachers in New York are required to obtain their Master's degree within five years of being hired. When you look at the cost of graduate schools these days, $35,000 a year isn't a substantial starting salary anymore, no matter where you live.

Alison Brusso is a kindergarten teacher in Upstate, NY. She says that a big problem with the teaching profession is that some people confuse perception with reality. "There is a perception that teachers have it easy because we have summers off and we get out of work early," Brusso said. "However, what most people don't realize is that even though my kids are dismissed at 3:20 pm, I am not allowed to leave school until 4:15 pm at the earliest and most days I am there past five. As for having summers off, a lot of young teachers I know, including myself, have to get jobs in the summer to earn extra money."

Brusso takes home $980 every two weeks after taxes and works between 50-60 hours a week. If you calculate her salary at 50 hours, it comes out to $9.80 an hour. To put that in perspective, Brusso makes less than a night manager at Kentucky Fried Chicken.

In this country we trust teachers with our most treasured resource: our children. Teachers not only teach kids how to read and write, they help them to learn social skills, ethics and values. In some instances, they are surrogate parents as well. The responsibilities and pressures of being a teacher are enormous. If a teacher makes a mistake it involves a living, breathing person, not a bucket of extra crispy chicken.

Teachers choose their profession, not to be rich, but because they want to work with children and make an impact on their lives. It's time that we start compensating teachers fairly for the important work they do. Our future depends on it. ■

-Tom Casale, Editor-in-Chief

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What Are Your Thoughts on the Outcome of the Presidential Election?

Campus Chat and all Photos by: Beth Pantzer

"Everything went the way I expected. Leahy and Bernie got re-elected. It's a little disappointing Bush did but hey, what are you going to do. There could have been a worse candidate."
~Kay Anderson, Freshman

"I thought it was awesome. Obviously the right man won."
~Max St. Pierre, Sophomore

"I thought it should have gone to Kerry. I really thought it was exciting."
~Kate Wilcox, Sophomore

"I'm really frustrated that our country has voluntarily signed ourselves into four more years of war and whatever else Bush has in store for us."
~Andrea McPherson, Senior

"It was disappointingly anti-climactic. I guess it was surprising but it makes you loose faith in your fellow Americans a little."
~Allie Lynch, Freshman

"Honestly I didn't really mind who would win the election. I'm a democrat so I wanted Kerry to win but I don't think Bush will be completely terrible. We'll just have to wait and see."
~Heather Cadden, Freshman

"I feel very unsafe to live in my country. Bush is dumb."
~Collin Vanyush, Sophomore

"I think Kerry should not have conceeded so early. I think Bush is a racist, sexist, anti-semitic man. I'm seriously debating whether to move to Canada."
~Michelle Bird, Senior

"I thought it was bogus mainly because there was such a large turnout and only about one percent was the younger generation."
~Rosanna Perry, Sophomore

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News

Elvis Sightings at Lake George Festival

Nancy B. Golash
Cairn Contributor

Elvis was the star attraction at the first annual Lake George Elvis Festival on the weekend of October 15.

The festival, first of its kind in the northeast, drew fans from all over the US and Canada. "We're really pleased with the reception we got, both from the fans and the performers," said Lake George Mayor Robert Blais, one of the festival's main organizers. In all, he said that over 50 tribute artists performed at festival venues throughout the village. "For our first effort this has been a huge success, and we're looking forward to next year already."

The festival opened on Friday with ceremonies welcoming the festival's star attraction, Joe Esposito, who was Elvis' road manager and best friend for twenty years. He was in Lake George signing copies of his latest book, *Elvis...Intimate and Rare.* After a "Giant Elvis party", Friday festivities wound down with a candle lighting ceremony in memory of the late star.

> Michael Aldrich was seated at the crowded Prospect Mountain diner, dressed in a glittering baby blue Elvis costume, and munching on a cheeseburger. *Giving a thumbs up, he* shouted *"It's just like that guy (John) Lennon said... before Elvis there was nothing."*

The festival's highlight was the show "Viva Las Vegas" at the Lake George Forum Saturday night, which featured The Sweet Inspirations, a female vocal trio that has worked with artists Aretha Franklin, Wilson Pickett, and Otis Redding. Other performers included the Guitar Street Orchestra, the number one *Elvis tribute orchestra in the* world, and two-time world champion tribute artist John Loos.

Lake George Elvis Festival
2004 Northeast U.S Champions

PROFESSIONAL
1st place - Shon Carroll
2nd place- Paul Thorpe
3rd place - Mike Calamusa
4th place- Chris Kay
5th place- Garyelvis Britt

YOUTH
1st place- Bruno Nesci
2nd place- Spencer Bristow
3rd place- Steven Pelleriti

NON-PROFESSIONAL
1st place- Don Romines
2nd place- Kevin Hupka
3rd place- Bill McGrath
4th place- Dave Sheddon
5th place- Ron Parker

Across the street from the Forum, one fan, Michael Aldrich, 77, from Glendive Montana, was seated at the crowded Prospect Mountain diner, dressed in a glittering baby blue Elvis costume, *and munching on a cheese*burger. Giving a thumbs up, he shouted "It's just like that guy (John) Lennon said... before Elvis there was nothing."

Saturday saw an explosion of Elvis sightings as crowds surged to an estimated 10,000-12,000 fans. Daytime venues included the Elvis Classic Car Parade, memorabilia appraisals, an Elvis museum, a rock n' roll show, An Elvis cruise on Lake George, the first round for the Northeastern US Tribute Artist Championships, Elvis Karaoke, and multiple *artists playing in local* bars and restaurants.

The final day of the festival began with an Elvis gospel concert, once again featuring Loos and the Sweet Inspirations, followed by a VIP luncheon with Joe Esposito. The finals for the tribute artist championships began at three p.m. at the Lake George Forum. By *four p.m.*, the Forum's General Manager estimated the crowd of fans at over 2,000. A few tribute artists stood in the lobby, signing autographs.

Mike Morrisette from Ontario, Canada was seen allowing a fan to help him on with his white satin cape. He was wearing a custom made 1977 model Elvis suit that cost three thousand dollars. He was also sporting specially made sunglasses that are the exact replica of Elvis'. Morrisette who's been singing professionally for two years, has performed with Elvis' former band, the *Jordinaires. Like many fans* and tribute artists (they prefer being called artists rather than impersonators), he blames his Elvis addiction on his mother. "My mom's the biggest fan, I grew up with it." He paused to sign an autograph for 12-year-old Rebecca Wood of Hudson Falls, NY, draping one of the white satin scarves he carries for fans, around her neck. "I want to kiss all (of) the Elvis'," she beamed. "I think they're cute."

Sunday's final round of competition featured three categories: amateur, youth, and professional. One of the three youth finalists, was 12 year old Bruno Nesci, also from Ontario. Gyrating *onstage in his black and gold* Elvis outfit, Nesci , who'd been performing since age four in his family's Italian restaurant, received a standing ovation from the audience. He won the approval of one of the professional artists, Englishman Paul Thorpe, who came to the festival directly from Spain. "That young man is quite good. The quality of the talent here is really super. I'm glad I came." The handsome Thorpe, who bore a remarkable resemblance to the 1950's version of Elvis, said that the festival was well organized, and that fans had been "very kind and enthusiastic." Surrounded by autograph seekers, he said that he enjoyed coming to the Adirondack region. "It's really very relaxing here, I look forward to returning next year."

According to Event Coordinator Linda *Ellingsworth, there were* around 150 volunteers working throughout the weekend, to keep things running smoothly. "It's been a real pleasure working with everyone." She says that they are already preparing for next year's festival. "We've decided to hold it this coming June, instead of October." When asked why the change of date, she explained that more businesses would be open in June, adding that there are other big events that month in Lake George, most notably the Americade motorcycle rally, and the annual Hudson Valley Volunteer Fireman's Convention and parade. Each of these events draws thousands to the region. It is *hoped that the new attraction* of an Elvis Festival will draw even more crowds to an area that saw a serious drop in tourist dollars this past summer. Tourism is one of Warren County's main industries. ■

FYI

Sky Barsch, the editor of *the Cairn* two years ago was named the Vermont Press Associate's Rookie of the year at the annual awards ceremony. She reports for the *Times Argus.*

Winterizing Your Skin

Jacqueline Price
Student Nurses' Association

Alas, another Vermont *winter is rapidly* descending upon us! While wintertime preparations typically involve winterizing your car and home, it is just as important to prepare your skin for these frosty months ahead. Vermont's notorious cold weather and low humidity can wreak havoc on your skin by robbing it of its natural moisture and leaving it raw, dry, and irritated. Healthy skin begins with a *nutritious diet, exercise,* and plenty of water. A good night's sleep doesn't hurt either! However, during these freezing months, your skin care regimen needs an extra boost and some extra TLC to keep your skin protected, and looking and feeling its best.

Good skin preparation begins in the shower. Avoid using scalding hot water and try to limit the hot tubbing time. Excessively hot water can damage the skin by destroying its ability to retain moisture. While you're in the shower, it's best to use glycerin based soaps or moisturizing shower gels. Next, try exfoliating your body and face twice a week using a loofah. Exfoliating removes dry, dead skin, and built up dirt. You're guaranteed to be left with invigorated and glowing skin. Scalp and hair protection is important, too. A deep penetrating and moisturizing *conditioner will help* keep your tresses soft and flake free. Once out of the shower, lightly towel off, leaving skin slightly damp. This is the best time to apply a moisturizer because it will help your skin lock in moisture.

> Caring for your body during the wintertime requires some forethought, and a little bit of effort, but you will undoubtedly reap the rewards of healthy, glowing skin.

Applying a thicker moisturizer containing emollients and oils this time of year will protect your skin the most by acting as a barrier from the harsh, cold, winter weather.

The next step in wintertime skin is appropriate winter clothing choices. This may seem like a no-brainer, but chapped hand and lips; colds, and frostbite (all things many people accept as normal wintertime inconveniences) can easily be avoided with the proper outerwear. Lined gloves or mittens that repel moisture are the best way to prevent your hands and fingernails from becoming rough, dry and cracked. A hat and scarf will prevent the majority of your body's heat loss. Dressing in layers and covering up with an insulated, wind-proof jacket will allow you to adjust your comfort level throughout the day. Lastly, protect your feet with sturdy and adequate waterproof boots that fit properly. Remember you'll be wearing thick winter socks, so be sure the boots are not too snug. Ill fitting footwear can lead to poor circulation of the feet, *toenail breakdown and a host* of other skin problems.

Now that you're properly outfitted, you'll still need to protect those areas left exposed...mainly your face. While moisturizing provides a barrier between your skin and the harsh effects of the cold weather, it may not adequately protect your skin from the harsh effects of the sun. This is especially important if you spend a lot of time outside, or participate in outdoor, wintertime sports. Choosing a waterproof sunscreen with an SPF of 30 or more will provide excellent protection. Don't forget to use lip balm with the same SPF to combat dry, chapped lips.

Caring for your body during the wintertime requires some forethought, and a little bit of effort, but you will undoubtedly reap the rewards of healthy, glowing skin. The additional bonus of quality and attentive skin care—what a great way to pamper yourself during these sometimes dismal months! Remember, prevention is the key to happy, *healthy skin. Let it snow!* ■

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"From a Basement on the Hill"

onathan Hoots
Cairn Staff

Elliott Smith's new and probably final album quietly appeared on tore shelves October 22, 004, as if from a yawning byss. It was produced by lliott's family and friends nd dedicated to his memory. do not know if it is made up f unreleased songs comiled over the course of his ecording career or if it was a ecord he had been working n when he died. I would ssume the tter to be the ase because ne album as a hole forms n arc; each ong appears o be deliberately placed ere or there o serve the lbum's form, hich is of weet melanholy, sad sufering, and loody, ironical aughter.

The rst song, Coast to Coast," begins ith spooky nging sounds hat seem to cho from a ollow cathedral curled in black shade. hen a satirical rock song ith happy overtones and a ard, driving beat sparks into ction. "Coast to Coast" is bout being addicted to the lasticity of life, about mindessness and fear, and the inger seems to be talking to subject as if from a great listance. With a bit of cynism, which unfolds into the ony of the music, the singer ings: "if you can't help it then st leave it alone, leave it lone, just forget it.... I'll do verything I can so you can e what you do, coast to oast, coast to coast."

The first song dies way and leads into the next, Let's Get Lost," a tragic love tory about infidelity, where he singer "burns every ridge" that he crosses to find some beautiful place to get ost." We hear the sadness of wanderer, the solitary olling of a stone gathering no noss in the soft, quiet picking f an acoustic guitar, which is ike a butterfly skipping hrough the air, and Elliott's veak, warm voice that lways manages to hit and maintain the proper notes lead center between the speakers.

"Then Pretty (Ugly Before)" begins after a brief crack of silence which separates the two tunes. It is about an obsession with perfection that burns out reality. The song is simple and sweet, with elements of country music and soft rock. Shortly after the intro however, while the lyrics sing "I felt so ugly before I didn't know what to do," the music shifts downward into a minor key like feet descending a staircase, and the listener really. It begins with a backdrop of constant roaring thunder, then the picking grit of guitar distortion and the crack of a drum kind of intrude into the atmosphere, randomly at first, mimicking a gaining of bearings, then everything is suddenly happing and to our surprise the music is rolling like a child's wind up toy.

This might be the only real love song on the entire album, though it's about a jaded girl "as hard and as cracked as the liberty bell" with a violent past. We should keep in mind that, though the singer is probably jaded himself, he's no fool, and neither is she: "her ghost leaned down to kiss me with a message from the sun."

Photo from: www.elliotsmith.com

We hear the sadness of a wanderer, the solitary rolling of a stone gathering no moss in the soft, quiet picking of an acoustic guitar, which is like a butterfly skipping through the air...

"Strung Out Again" is a bitter song about a desire for death that goes beyond the stasis of depression into a realm of self-destructive activity. There are two parts: one acoustic part consisting of weak sounding chords and the singers high, wavering voice, and another which is loud, almost overwhelming, and slow, like rock music weighted with a pitch black mood: "Waiting for the moon to pull me again, but the tides coming in, and I'm strung out again."

While "Strung Out Again" is about needless self destruction, (hence the near ugliness, which is beautiful in its profundity) the next song, "A Fond Farewell," leads back to a sadness from having to kill a dying relationship with someone who is probably strung out in their own way: "A little less than a human being, a little less than a happy high, a little less than a suicide, the only thing that you really tried...its not what I'm like, it's just a fond farewell to a friend who couldn't get things right." The music is warm, and moves with a steady, tragic drive. The smashing time of a drum kit has been left out deliberately to maintain a theme of tenderness.

"A Kings Crossing" may very well be about Smith's dissatisfaction about being a professional pop singer. It starts mysteriously, sadly, and there's a sense of danger in the confused, disoriented foam of lovely sound and quiet moaning. Then a piano, reminiscent of those twangy battered boxes used by traveling carnival acts chimes out a cohesive ditty. The moaning voice joins the melody, and the song begins to take shape. It turns into rolling rock music with a seething keyboard playing in the background and intensely cynical lyrics about notions of fame and fakery in the foreground. "All you can do is watch the shells, the game looks easy, that's why it sells..." The theme of self destruction drifts back into focus due to the nausea of the singer's surroundings.

I nearly cried the first time I heard the next song, "Twilight." Again, it's just Elliott and the thick strumming of an acoustic guitar's tight metal strings. There's a small violin part near the end and a keyboard solo in the middle that seems to go on just a bit too long, probably on purpose. "Twilight" is about meeting someone really beautiful, someone "perfect for you," and having to say goodbye because you're in

BASEMENT continued on page 6

Movie Review: "Team America: World Police"

"South Park" creators Trey Parker and Matt Stone are at it once again, this time ditching the construction paper and computer animation for marionettes in *"Team America: World Police."* The film's story centers around Team America, a quintet of camouflage-wearing commandos who work out of a secret headquarters inside Mt. Rushmore. When terrorists attack, they are there to stop them. But when the evil Kim Jong forms a diabolical plan to take over the world by manipulating peace lovers from the Film Actors Guild, our "heroes" realize that they may not be capable enough to combat his forces.

Nathan Tucker
Cairn Staff

If crude and offensive humor is what you are looking for, this is your movie. Its various attempts at humor through shock value are effective for the most part. Graphic sex and violence are portrayed with puppets in ways I had never thought possible. At the same time the "f" word sort of looses its impact after the first hundred times it's used. The humor stemming from the physical limitations of the puppets also tends to fade after the first 15 minutes.

If crude and offensive humor is what you are looking for, this is your movie. Graphic sex and violence are portrayed with puppets in ways I had never thought possible.

Although, *"Team America: World Police"* is a far cry from being a musical, its songs contain some of the funniest moments in the entire movie. These numbers include the Power Rangeresque "America...F*ck Yeah," a song devoted to montages, and the heart warming ballad "I'm So Lonely" sung by Kim Jong who pronounces every "l" as an "r."

At first, I expected the movie to blatantly focus on ridiculing U.S military involvement, but it surprisingly is very unbiased in its offensiveness, so much so that it's hard to find a political stance that the movie takes. Through much searching, though, one can find the one main point the movie tries to make. By emphasizing the negative traits of both "peace makers" and "lovers of violence," Parker and Stone show that the world needs both to fight terrorism. ■

Shein Brings Fictional Campaign to Castleton

Mike Trzciensky
Cairn Staff

Humorist and political activist Bill Shein came to Castleton and presented his fictional campaign "Will Markson for President 2004," Oct. 27.

Shein, as Markson, began the evening by showing a video of himself "campaigning." He then discussed some of the policies he is concerned about, including voter turnout, the electoral college and how politics is taught in high school.

Shein is the founder and President of *Yes I Will!*, a non-partisan, non-profit organization that uses humor to raise awareness of voter participation and to encourage citizens to be more active in the democratic process.

Shein resided in Washington D.C. for many years before deciding to move to Massachusetts and to attempt to find a way to marry humor with activism. Shein has held staff positions in two presidential campaigns, written for Comedy Central, Nickelodeon and FX, and performed stand-up comedy. He was also the founding editor and publisher of the humor magazine *Washington Wit* and was the creator of the online parody web site "Enron Voice Mail, 2002," for which Shein was presented with the 2002 Dot.Com award for Best Online Parody.

Shein developed the Will Markson character in order to give voters some information on how the American voting process works, as well as some of the negative parts of the election process in the United States.

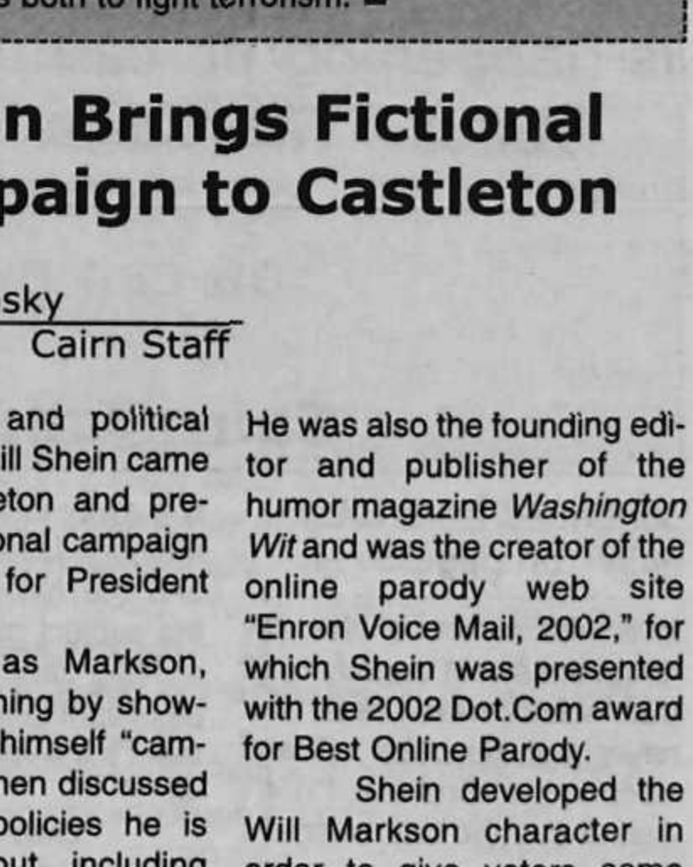


Photo from: www.markson2004.com

Anyone interested in learning more about Will Markson can visit Shein's website at www.markson2004.com ■

Castleton Senior Ready for Hollywood

Kristina Collins
Managing Editor

We all love to see our work on display, even if it's on the refrigerator. One Castleton senior has taken her work to the MSNBC website where college students all over the country are voting for her public service announcement.

Koran Salem is the student who entered her 30-second public service announcement about gay marriage in the "Film Your Issue" MSNBC contest last year. She was selected as one of ten semi-finalists and when the polls closed on November 5, she won third place.

The contest was only open to schools with the American Democracy Project. This included 1200 schools last spring.

Koran filmed her issue about gay marriage. She said, "It's an issue that really upsets me. I think it's horrible." She related the problem to African American and women's rights.

A film called, "Judicial Injustice," directed by a student from Illinois State University won first place with 30 percent of the vote. The second place winner is from the University of Central Florida and directed, "Poverty," which won 18 percent of the vote. Finally, with

Photo from: www.msnbc.com/id/5843243

16 percent of the vote, Koran Salem from Castleton titled her film "Gay Marriage." The top five finalists will be recognized in Hollywood.

A PSA is a public service announcement on a television or radio segment that promotes social change in a time slot of 30 to 60 seconds. It took Koran about 40 hours to create her PSA.

Koran offered some advice to her peers and said, "Never give up on your ideas even though they may seem strange to others. Believe in yourself."

Currently, Koran is working on a PSA for video fest. She is also filming footage for Castleton and is working on her senior project, a film that will come out next semester.

Jane Foley of the Castleton Communications Office said, "Koran works hard, loves to run a camera and make film. She is good at it. To be in the top ten nationally is very exciting, and to win third place, proves her talent. I'm happy she'll be making a trip to Hollywood."

The contest's website, www.msnbc.msn.com/id/5843243, contains all of the top ten public service announcements. ■

Have an opinion? Would you like to write an article? Send us a personally drawn piece of artwork or let us know if something is happening on campus that we don't know about. *The Cairn* is always looking for student contributors.
You can e-mail us at:

Cairn@castleton.edu

Kim Lipinski Baker

Lindsay Hale
Cairn Staff

Kim Lipinski Baker was born August 29, 1982 in Bryan College Station, Texas. She died unexpectedly October 14 due to fatal injuries sustained in a car accident. She was 22.

Anyone who knew Kim—or Kimmie, as some of us called her—knew she had a vibrant spirit that guided her and those close to her throughout life. Kim was survivor. She had had 15 operations from the time she was born until her death last month. The surgeries had been necessary due to her birth defects. Those surgeries didn't hinder Kim in her dreams and aspirations, however. She graduated from high school—Mount Mansfield Union High School—in 2001 and followed those dreams to Castleton State College where she attended CSC for three years before she was forced to leave due to illness. Kim's dream had been to become a child psychologist so that she could help children though tough times like those she herself had endured.

Her friends remember Kim as being strong and

Photo from: Lindsay Hale

sometimes stronger than they were. She was flashy and flamboyant, and always ready for a little fun. You couldn't keep Kim in one place at one time. She was always moving, in either body or mind, sometimes both. All you had to do to get Kim excited was to give her some beads and wire and she would be busy for hours making anything from hats to baskets (she considered necklaces too easy).

Kim always had a positive attitude even when things got difficult. All the memories that friends and families recalled at her funeral mentioned Kim's strength and positive attitude. She could share laughs and close times with friends but she also was able to give others a good shoulder to cry on. The pastor who led Kim's funeral said that Kim had been going to his church for years. He confessed that he had hoped, one day, to preach at her wedding but regretfully was presiding at her funeral, instead.

Kim will always be an inspiration to her friends and family. She will be greatly missed. ■

continued from *BASEMENT* on page 5

love with someone else. It's about the sweet tragedy of all that could have been but never will be..."Go off and sleep in the sunshine, I don't wanna see the day when it's dying."

"A Passing Feeling" is a satirical, upbeat song about ruining something good and being left in the wake of its absence, then mistakenly relying on others to keep oneself alive, happy, real. There's a nice, whinny guitar solo near the end of the tune.

"The Last Hour," which comes next, is about giving up on someone too rigid to really be in love but too rigid to end a relationship based on fakery, hard feelings, and fear. Smith sings over the shifting major and minor chords of his acoustic guitar "I'm through trying now," he sings by himself, reflecting a last goodbye which remains after all else is whittled away by too much impersonal objectivity. "Make it over," he pleads.

"Shooting Star" is a resentful rock song about a mean spirited girl caught up in the glamour she sees in herself.

"Memory Lane" is light, airy, silly, like a quick bluegrass tune. But it's about being consumed by the solitude of a bad past and rotting away in "a little house on Memory Lane." The music and the lyrics, coupled with the subject matter, produce's a biting sense of irony that's as delightful as it is scary, and there's a wealth of humor in it all.

"Little One" is about drug addiction, about reasoning out the prolongation of the habit: "one hit wouldn't matter a bit..." The music is a little disorienting, a little off kilter. The entire drum kit exists

Photo from: www.woxy.com/artists/ smithel-liott.shtml

only in the left speaker, while on the right a wavery guitar plays strange, low tones.

Thus ends the album. I have tried to mimic the feeling, the overall form of *"From a Basement on the Hill,"* and clue the reader into its movement through space, its development through sequence, by examining each individual song (chapter). The record seems to be the work of a genius whose materials churn from deep wells of pain and suffering. Perhaps he used the power of narrative in his songs to create an array of characters, or instead poured his insides into the construction of his music. Or perhaps he used both these methods at the proper time and in a way that flows between fantasy and reality. Unfortunately we'll never know because a little over a year ago Smith stabbed himself twice in the chest and fell away from the world. Now all that's left are secondary metaphors of the masterpieces he lay down on compact disks. ■

BUSH Continued from front page

of the popular vote with 183,621 votes. President Bush secured 39% of the popular vote with 120,710 votes with 100% of precincts reporting, according to CNN.

Senator Kerry conceded to President Bush early Wednesday afternoon with a speech at Faneuil Hall in Boston. He thanked his supporters, and said, "And I wish things had turned out a little differently, but in an American election, there are no losers because whether or not our candidates are successful, the next morning, we all wake up as Americans. And that—that is the greatest privilege and the most remarkable good for the time than can come to us on earth." (CBS News)

President Bush gave his victory speech at the Ronald Reagan Building in Washington D. C. He said "To make this nation stronger and better, I will need your support and I will work to earn it. I will do all I can do to deserve your trust. A new term is a new opportunity to reach out to the whole nation. We have one country, one constitution, and one future that binds us. And when we come together and work together, there is no limit to the greatness of America." (CBS News)

President Bush, a Republican from Texas, was elected Governor of Texas in 1994 with 53.5% of the vote. He was re-elected governor in 1998 with 68.6% of the vote (www.georgewbush.com). President Bush was elected president in 2000, defeating Democrat Al Gore after an exhaustive legal challenge over voting problems in Florida which surfaced on election day and the subsequent days after.

Senator Kerry, a Democrat from Massachusetts, was elected Lieutenant Governor of Massachusetts in 1982. He was elected to the United States Senate in 1984, and has won re-election to the Senate three times since then. He is currently serving his fourth term in the Senate, since winning in 2002 (www.johnkerry.com).

It isn't certain where the Democratic Party will go from here but they will have four more years to come up with a game plan to regain control of the White House. One thing is certain, people came out in record numbers to vote and this time around, there is no question who they want to run this country during the next four years. ■

Spartans Win North Atlantic Conference

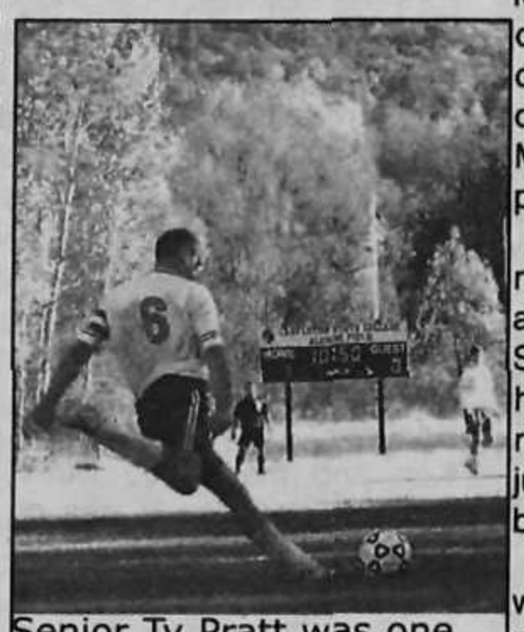
Dawson Raspuzzi
Cairn Contributor

The Castleton Spartans men's soccer team has continued right where the team left off at the end of last season.

Once again the Spartan men won the North Atlantic Conference (NAC) in division III NCAA on November 6. This gives the team an automatic bid to the NCAA tournament. The men won against Lasell College 1-0 on a shoot-out. The team's record stands at an impressive 15-4-2, and more importantly 9-1 in conference games. They are fresh off an impressive quarter-final shut-out victory, where they beat Thomas College 3-0 on Sunday October 31.

The Spartans have been led all season by its three senior co-captains: defenders Phil Pittilli and Ty Pratt, and midfielder Kyle Wilson. The Spartans defense is full of senior players returning from last season, making it feared across the NAC. The defense has only allowed 23 goals on the season, as opposed to the 46 goals that the Spartans have scored, largely because of its solid senior core which is led by goalkeeper Joel Leichtnam, and defenders Ryan Distefano, Shane Little, Pittilli and Pratt.

The Spartans' offense has been led all year by junior forward Nathan Williams who leads the team with ten goals and eight assists on the season. Junior midfielder Jesse Brown has also played a huge role in the attack, scoring seven goals and dishing out five assists on the season to date.



Senior Ty Pratt was one of four players chosen for NAC All Conference Teams on November 6.
Photo from: www.castleton.edu

The season started for the team with a new head coach, John Werner, who came to Castleton after coaching at Arlington Memorial High School for the past 31 seasons.

With only 13 players returning from last season, and 11 new players, the Spartans have had to work hard to get to where they are right now. Practices started just one week before school began.

The Spartans, with its win over Thomas College, advanced to the NAC semi-finals, where they will play Husson College on November 3. ■

Spartan Update

Cross Country
(W)-2nd (M)- 3rd
*Results from NAC Finals

Women	Men
1. Katie Sprowl 22:39 (2nd)	1. Marc Newcomb 29:14 (5th)
2. Michelle Bird 23:41 (5th)	2. Keenan White 30:06 (10th)
3. Yvonne Olney 24:41 (10th)	3. Jace Klein 33:54 (18th)
4. Beth Pantzer 25:49 (13th)	4. Kyle Vinton 36:19 (20th)
5. Ariel Delaney 26:54 (15th)	5. Jeremy Gibbons 42:01 (23rd)
6. Becky Gorman 27:00 (16th)	

Women's Tennis
12-3

Singles	Doubles
Brittany Gilligan 8-0	Albright/Gilligan 8-0
Laurie Albright 8-0	Hayes/Maxham 8-5
Emily O'Connor 6-2, 6-0	Doherty/Ryan 8-0
Molly Doherty 6-0, 6-0	NAC Record 4 - 0
Jessie Ryan 6-0, 6-0	
Abby Greenbaum 6-0, 6-0	

Women's Soccer
16-4-1

Men's Soccer
15-4--2
*NAC Champions

Women's Ice Hockey
0-2

Women's Rugby
6-0
*Division III Champions

By: Lauren Bisnett

Women's Tennis Dominates NACC

Paul Cohen
Head Coach, Women's Tennis

The Castleton Women's tennis team won the North Atlantic Conference Championship help at Castleton the weekend of October 23rd. Castleton dominated the tournament, defeating Becker College in the semi-finals 9-0 and Bay Path College in the finals 9-0. Castleton did not drop a set in the tounament. Brittany Gilligan was named tournament MVP, and teammates Laurie Albright and Molly Doherty were named to the all-tournament team.

The Spartan Netters were undefeated in Conference play.
Photo from: www.castleton.edu

The Spartan netters finished the season with an overall record of 11-3 and were undefeated in Conference play.

Semi-Final 1
Castleton State College (#1) vs. Becker (#4)
Final Score: Castleton 9, Becker (0)
Singles
Brittany Gilligan (C) def. Kristina Drabowski (B) 6-1, 6-0
Laurie Albright (C) def. Jennifer Nieman (B) 6-1, 6-0
Emily O'Connor (C) def. Colleen Murphy (B) 8-1
Molly Doherty (C) def. Caitlin Brady (B) 6-0, 6-0

Brittany Gilligan
Photo from: Paul Cohen

Jessie Ryan (C) def. Christina DiNardi (B) 6-1, 6-1
Abby Greenbaum (C) def. Tina Poirier (B) 8-1

Doubles
Gilligan/Albright (C) def. Drabowski/Nieman (B) 8-0
Heather Hayes/Lisa Maxham (C) def. Poirier/Murphy (B) 8-1
Doherty/Ryan def. Moulton/Brady (B) 8-0

Finals Castleton vs. Bay Path
Final Score: Castleton 9, BayPath 0
Singles:
Brittany Gilligan (CSC) def. Jen Moler (Bay Path) 8-0
Laurie Albright (CSC) def. Moria Mikolajczuk (Bay Path) 8-0
Emily O'Connor (CSC) def. Rachel Frost (Bay Path) 6-2, 6-0
Molly Doherty (CSC) def. Dena-Kae Ferguson (Bay Path) 6-0, 6-0
Jessie Ryan (CSC) def. Melissa Smith (Bay Path) 6-0, 6-0
Abby Greenbaum (CSC) def. Lissa Asta-Ferrero (Bay Path) 6-1, 6-1

Jessie Ryan
Photo from: Paul Cohen

Doubles
Gilligan/Albright (CSC) def. Moler/Mikolajczuk (Bay Path) 8-0
Heather Hayes/Lisa Maxham (CSC) def. Sylvia Chimhina/Kaitlin Sledz (Bay Path) 8-5
Doherty/Ryan (CSC) def. Erika Buser/Marlaina Altman (Bay Path) 8-0. ■

Upcoming Games

Women's Ice Hockey
Nov. 12 Chatham College at home at 7p.m
Nov. 13 Chatham College at home at 2p.m
Nov. 19 St. Michael's College at home at 7p.m
Nov. 20 St. Michaels College at home at 2p.m
*Home rink is Riley Rink in Manchester, VT

Men's Ice Hockey
Nov. 19 Middlebury College Away at 7p.m
Nov. 20 Williams College Away at 4p.m
Nov. 23 Plymouth State College Away at 6p.m

Women's Basketball
Nov. 19 Cardinal Classic @ Plattsburgh St. vs. Neumann College (PA) Away at 6p.m
Nov 20 Cardinal Classic @ Plattsburgh St. Away at T.B.A
Nov 23 Plymouth State College at home at 5:30p.m

Men's Basketball
Nov. 20 Green Mountain College Tip-Off Away at T.B.A
Nov. 21 Green Mountain College Tip-Off Away at T.B.A
Nov. 23 Plymouth State College at home at 7:30p.m

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aromatherapy	wood
smudge sticks	photography
blown glass	cards
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HAIR

The American Tribal Rock Musical

The Castleton Theater Department helps celebrate the Fine Arts Center 35th Anniversary by presenting the 1969 Broadway favorite Hair. Celebrating the youth culture of the late 1960's, Hair explores freedom in many forms: personal, political, racial, and sexual.

Fine Arts Center

November 10-13, 8 p.m.
November 14, 2 p.m.

ADULT THEMES AND BRIEF NUDITY.

Tickets $10 for general public
$5 for college community

Five Rutland Area Groups to Showcase Community Videos

Dr. Robert Gershon
Chair, Communication Dept.

On November 4, people from five communities in the region will converge on Rutland's Chaffee Center for the Visual Arts to showcase citizen-produced Community Videos that express shared visions for the future of their communities. The public is invited to attend this free "art opening meets community celebration," co-sponsored by the Crossroads Arts Council, the Chaffee Center for the Visual Arts, the Rutland Regional Planning Commission and The Orton Family Foundation.

In late 2002, communities in the Rutland Region were invited to submit proposals to produce their own Community Videos in a unique program sponsored by the Vermont Community Foundation, the Rutland Regional Planning Commission, Rutland Region Community Television and The Orton Family Foundation. The goal of the project is to bring together citizens of the region with diverse ideas to explore shared histories and collective visions for the future of their individual communities.

For the past year, the selected teams from Danby/Mount Tabor, Poultney, Tinmouth, and West Rutland, and a team representing Vocational Opportunity Works (VOW), have been hard at work producing their
respective documentaries. Using a Community Video manual developed by The Orton Family Foundation, "ordinary folks" without prior video production experience conducted interviews with broad cross-sections of their communities, gathering diverse, and at times, conflicting perspectives.

Two communities, Poultney and West Rutland, took on topics related to the present challenges and future potential for education in their communities. Danby/Mount Tabor looked at the shifting, interdependent relationship between these two neighboring towns through time. Tinmouth focused on the surrounding landscape and its critical role in defining and sustaining a sense of community. And VOW took on a social topic of general concern, exploring how work can help people with mental illness be more active and accepted members of the community.

"These videos provide a great way of bringing people together around issues of importance in their communities," says Mark Blucher, Executive Director of the Rutland Regional Planning Commission. "All of the teams have worked hard and we're excited to see their films and hear their stories. We anticipate that these videos will be very useful to the communities in future local planning efforts."

The Community Video showcase will take place from 5:30 to 7:30 PM, is free to the public, and will also feature live music and refreshments. In the weeks following the event, the groups will also be hosting local premieres in their respective communities, providing a unique opportunity for community interaction and dialogue. ■

Career Developement Corner

Have you tried our own personal "mini-monster" at http://career.vsc.edu/ ?
You can check out jobs posted especially for students of the 5 Vermont State Colleges and post your resume. As a matter of fact...before I can *activate your account* you need to load your resume. It's in your best interest to advertise yourself to potential employers and the system won't pick you up unless you have a good resume. (I review them myself before activating you. Please log on to https://career.vsc.ed . Just Click on Upload your resume. It appears in a line that begins "students and alumni" Once your resume is loaded *your account will be activated* and you can review job postings. It's really a simple process. If you want me to help you develop and/or review your resume beforehand please let me know. Judith.carruthers@castleton.edu

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GREs – General GREs available only at Prometric Testing in Williston 802- 872-0251. Subject GREs available at *Green Mountain College* 802-287-8376.
GMAT – only through Prometric Testing.
MATs , PRAXIS, ACTs available through Judith 802-468-1339 on Castleton Campus.
PRACTICE STUDY MATERIAL FOR GREs, MATs etc are on CDs in Castleton library

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We need creative people to help us design a float for Halloween Parade 2005. The Castleton Stop the Hate Club sponsors the float but we need all kinds of folks to come up with fun – do-able ideas. We would like to work on the structure over the summer...that's why we are starting now. We want it to be awwwwwwwwwwwwwwwesome. Judith.carruthers@castleton.edu

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We are already sending out invitations to April 12th, 2005 Spring Career Fair. If there is someone or some organization you would really like to see at our event, please get a contact name and number and address and we can get on it! It will be a condensed version with President's Brunch for recruiters from 10-11 and the Career Fair running from 11-3pm.

Ken Ward, Custodian in Black Science won "MAC of the Semester" Award. Ken was nominated by Beth Kashner. Congratulations, Ken and thank you Beth. Beth stated: "Ken is one of the hardest working people and always greets you with a smile, an interest or a good word to cheer you up. He is the warmest, kindest genuinely nice. I am glad to know Ken and glad he works here." Several other folks entered Ken's name as well. A complete print out of all comments will appear in a Castleton email shortly. Career Fair door prize winners: Dakota Trufant, Castleton Student, won the $100 draw. Lori Johnson, UPS, won the recruiter draw. Castleton Commuter, Bobbi Jo Ballard, won the Commuter draw. New nursing faculty member, Marilyn McDonald, won the Faculty draw.

Thank you to Shelly Rapanotti, Career Fair Coordinator, and all our crazy-hard-working staff for pulling together another awesome, bigger 'n better Castleton Career Fair. ■

Try this for fun!!!
Future-Perfect Planning

Want to fast-forward your future? Try "Future-Perfect Planning" as outlined in *Major in Success* by Patrick Combs. He became a professional, *successful* public speaker in two months – from scratch. Patrick's 3 step technique is taught in Wharton School of Business and very expensive management seminars. It goes something like this...

Imagine yourself in the future being very, very successful.
Then ask yourself this:
What is written on your business card?
What books did you read to get there?
What type of folks do you work with? Are any famous?
Which magazine subscriptions do you receive to stay up to date?
What clubs and professional associations have you joined?
Which skills proved to be the most important to your fabulous success?
What jobs did I hold in the past that helped me get so successful?
What do I wear these days?

So, what are you waiting for? Take the answers and go shopping. Match everything up. Don't wait. Holy Smokes! You are there!

Judith Carruthers, Director of Career Development, Castleton State College judith.carruthers@castleton.edu 802-468-1339 Above the Fireside Café.

Adapted from *Major in Success, Make College Easier, Fire Up Your Dreams, and Get a Very Cool Job*, 4th Edition, Ten Speed Press www.thinkgood.com ■

Castleton Calender

November 12
Soundings: HAIR 8p.m FAC
Late Night: Jude Castle performs at 10:30p.m at Fireside Cafe

November 13
Soundings: HAIR 8p.m FAC
Late Night: Halo 2 Tournament 10:30p.m in Campus Center

November 14
Soundings: HAIR 2p.m FAC

November 15
Monday Night Movie:
Collarteral at 8p.m in Herrick

November 16
Soundings: "Prisoner Among Us" 7p.m FAC

November 17
Coffeehouse at 7p.m in Campus Center

November 18
Soundings: James Mee 7p.m FAC

November 19
Late Night: Burn performs at 10:30p.m at Fireside
Cookie Swap 8p.m in informal lounge of Campus Center

November 20
Late Night: BINGO 10:30p.m at Fireside Cafe

November 22
Monday Night Movie:
Van Helsing 8p.m in Herrik

The Cairn

MONDAY NOVEMBER 29, 2004

Nursing Professor Takes Leave of Absence

Ariel Delaney
Cairn Contributor

Last week, a Castleton State College Nursing faculty member took a leave of absence due to illness. Professor Anne Smeglin announced that she would take a leave of absence from the nursing program due to illness. In recent years, Castleton has had a number of faculty members forced to leave for medical reasons. Over the past five years at least four professors have left teaching because of illness. Two of those professors recently died.

The announcement about Prof. Smeglin's illness and departure put many students in shock. "We knew something was wrong because we were warned that she was going to be out a day to talk to her family," said first-year student Jen Morgan.

Prof. Smeglin was the nursing professor for first-year students, and many students worry that her departure in the middle of the semester may have a devastating impact on them. "I'm very concerned right now because of the shortness of staff," Morgan said. "She is my advisor and one of the head nurses in the program. Two other professors are also gone, so I'm worried."

As of yet, a replacement has not been named for Smeglin's job, which has also upset many students. "She (Smeglin) taught the majority of the lectures," said Amanda Joselyn, a second-year nursing student. "They are going to have to find someone and the new person probably won't be as knowledgeable about what's going on, with five weeks left in the semester."

In the next few weeks, the Nursing Department will announce Smeglin's replacement. The nursing program's focus at that time will be to bring the department back to normal.

Professor Smeglin announced that she would take a leave of absence.
Photo from: www.castleton.edu

The nursing program in the Vermont State Colleges is popular, with over 200 students enrolled at Castleton State College and Lyndon State College. The program was first established in 2001 at Lyndon State College. The program's objective was for rural residents in the Northeast Kingdom to be able to pursue a nursing career. All of the faculty members in Castleton's nursing program have intense schedules due

SMEGLIN continued on page 3

Six Resign from Bush Cabinet

Beth Crosby
Cairn Staff

Evans, Ashcroft, Paige, Powell, Veneman and Abraham all resign

Six members of President Bush's cabinet have now resigned. Commerce Secretary Don Evans, Attorney General John Ashcroft, Education Secretary Rod Paige, Secretary of State Colin Powell, Agriculture Secretary Ann Veneman and Energy Secretary Spencer Abraham, have all formally resigned.

Attorney General John Ashcroft has served as Attorney General since 2000. His resignation will become effective upon confirmation of a successor. Ashcroft is a former senator and a two-term governor from the state of Missouri (CNN.com). The Senate confirmed him in 2000 with sharp divisions——58 to 42. Ashcroft called the job both rewarding and depleting (CNN.com). In his resignation letter, he says "I believe that the department of justice would be well served by new leadership and fresh inspiration. I believe that my energies and talents should be directed toward other challenging horizons (CNN.com).

President Bush named Condoleezza Rice Secretary of State.
Photo from: www.CNN.com

President Bush has nominated White House counsel Alberto Gonzales, 49, to replace John Ashcroft. Gonzales, if confirmed, will become the first Hispanic Attorney General (CBS News). According to CBS News, Gonzales grew up in Texas as one of eight children in a two bedroom house. Gonzales served as general counsel when President Bush was governor of Texas. He also was a partner in a Houston Law firm that represented the "scandal-ridden energy giant Enron." (CBS News)

Commerce Secretary Don Evans has also submitted his letter or resignation to President Bush. He served as President Bush's campaign chairman in 2000. He said in his letter, "I have concluded with deep regret that it is time for me to return home. It is a blessing to have served America with such an extraordinary leader and a true friend. With the fondest admiration, I respectfully request that you accept my resignation". (CNN.com)

Education Secretary Rod Paige, 71, is also leaving the cabinet. Paige was the nation's first black education secretary. He is the former award-winning superintendent of the Houston Independent School District. According to CBS News, the leading candidate to replace Paige is Margaret Spellings, currently the domestic policy advisor. Paige is eyeing other work opportunities, and does not plan to retire. (CBS News)

Secretary of State Colin Powell announced on Monday he was resigning. He has said he will stay on until a successor is confirmed, and expects to leave sometime in January. Powell, 67, Secretary of State since 2000, submitted his letter of resignation to President Bush Friday. In it, he said "now that the election is over the time has come for me to step down as secretary of state and return to private life. I, therefore, resign as the 65th secretary of state, effective at your pleasure." (CNN.com) According to CBS News, Powell has had a "controversial tenure in the chief of state's job, reportedly differing on some key issues" with Donald Rumsfeld, the Secretary of Defense.

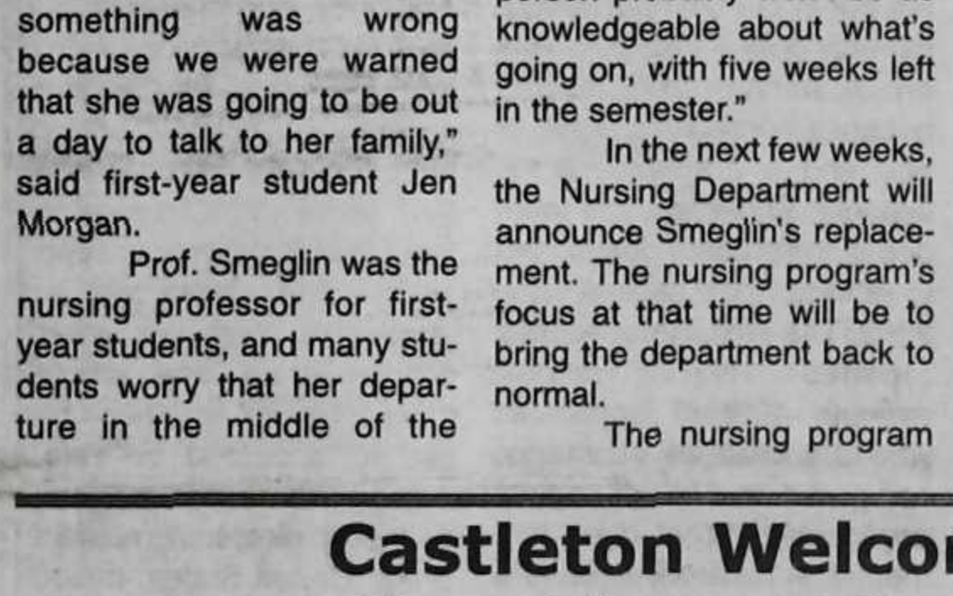
On Tuesday, President Bush formally announced the nomination of Condoleezza Rice, 50, the current National Security Advisor, for the new Secretary of State. President Bush said ""During the last-four years I have relied on her

RESIGN continued on page 6

Castleton Welcomes New Fitness Center

Brad Waterhouse
Cairn Contributor

After almost a year under construction, the new Castleton State College Fitness Center is near complete and is set to open its doors on December 1st. With the current fitness center near obsolete, a growing college population, and a need for more programs for exercise science majors, this state of the art facility is an addition to campus that many students have been waiting for and will gladly welcome.



The fitness center is scheduled to open on December 1st.
Photo from: www.castleton.edu

Built between Glenbrook gymnasium and the new dormitory, the fitness center looks strikingly modern. Its outward appearance matches the new equipment on the inside. Costing around $2 million, about a fourth of the total cost of the entire construction project (including the dormitory), the facility promises to be worth all that was put into its construction.

When asked what the need for a new fitness center was, Dean Greg Stone responded, laughing, "Well, have you ever been to the old gym?" He continued by saying there were multiple reasons for the new facility. For starters, the old facility was undersized not only for the current population, but for the potentially larger population to come in the next few years. Students were also coming to Castleton and finding a facility that lacked the amenities of their high schools, which made Castleton's old fitness center seem downright ancient. To remedy this problem, a plan was put into works to renovate Glenbrook gymnasium. This planned soon turned into a far larger beast and the decision was made to put in an all new fitness center next to the new dormitory.

Dean Stone believes that the new fitness center will also provide a new and exciting place to meet people. Students will be able to go to the fitness center and work out, hang out with fellow students, and meet people they may not normally meet in the classroom or dorm setting. The excitement over the new fitness center will also hopefully get people in the mood to seek out a way to become fit and get people who may not normally work out to look into some kind of exercise program.

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Soundings Not Useful for Adults

Nancy B. Golash
Cairn Contributor

When I arrived at Castleton in the fall of 2003, I was told that I would have to participate in the Soundings program. Used as in introduction to the liberal arts, it is meant to enrich students' lives. It's a nice idea, especially for those freshmen who have little or no prior experience with cultural and civic activities. However, having just spent three years earning an A.A.S. degree in Liberal Arts, imagine my surprise when I learned that Castleton required me to take both semesters of Soundings. Naturally, I felt a little insulted. I keep thinking, "What does CSC think that I was doing at Adirondack Community College, sitting around drinking coffee? I'm not a state worker." Besides my degree, I've attended a college seminar in Europe, and recently participated in an educational tour of Egypt. Throughout my life, I've had multiple experiences with music, art and other cultural activities—I even listen to NPR every day. For a long time I thought that no one else shared my resentment, until I began talking with other non-traditional students.

> "One of the major headaches for adult students is scheduling. Mid-day programs can literally make me long for some Alka-Seltzer."

Most adult students, including myself, like the events held on campus. They seem to be chosen to provide a well-rounded experience. The Soundings staff is to be commended for its efforts to obtain quality offerings for the college. The quality or types of events, however, are not at issue. One of the major headaches for adult students is scheduling. Mid-day programs can literally make me long for some Alka-Seltzer. I can attest that having only 15 minutes or so to eat my lunch, so I can make a Soundings lecture, is not an enriching experience. Being a long distance commuter makes the program a genuine problem for me. Would you enjoy hanging around campus for three to five hours, waiting to attend an evening event? How would you feel about Soundings if, afterwards, you had to drive 50 miles, and on arriving home, care for a family member or make out bills? These are some of the issues that come up for adult students.

When asked for their input, students cited work, health, family and baby-sitter issues as conflicting with Soundings. Some of the comments about the program cannot be printed here. Soundings is perceived by three out of four of the non-traditional students with whom I spoke as being a real imposition on their time.

Some of us put in longer hours working on our studies than we ever did working on the job. Unlike younger students, most adults have homes and families to care for. One student told me that Soundings can make her eight hour day seem like an eternity. This is because she must leave campus at the end of the day, take care of her family, and come back to attend an event. Another view I heard, and one that I happen to share, is that the life experiences of adult students at Castleton don't seem to mean a whole lot. To be fair, I hope that this is not the case. Perhaps the college is just unaware of the problem. If so, then a maybe a meeting can be scheduled with the non-traditional students, to discuss the situation. Soundings is a worthy program, but so are the lives that we lead. ■

EDITORIAL

Affirmative Action in the White House

Now that George W. Bush has won re-election and will be leading the country for the next four years, it's time to take a look at where the President stands on issues that are important to college students. One topic that President Bush has taken a strong position on is the issue of colleges and universities using affirmative action in their admissions process.

President Bush says he is against using affirmative action in college admissions at the undergraduate level. The President thinks the point system used by some universities is unconstitutional. According to Bush, "African-American students and some Hispanic students and Native American students receive 20 points out of a maximum 150. Not because of any academic achievement or life experience, but solely because they are African American, Hispanic or Native American." And the President got into Yale because of his outstanding academic achievement, right?

The irony of Bush being against affirmative action is that he actually used affirmative action to get into Yale way back in 1964. When some people think of affirmative action, they think of a minority, such as an African-American or a Hispanic student, getting a break because of who they are. What is it called when a rich white kid gets a break because of who they are? If a white student takes the place of a more deserving student because one of their parents went to the same college, isn't that the same thing as a minority student taking that slot?

Lets take a look at how Bush got into Yale. His grades in high school were average. Not horrible, but certainly not Ivy League material. His combined SAT score was 1206. Once again, not bad but how many students get into one of the most prestigious universities in the world with a 1206 SAT score and average grades in high school? If most of us applied to Yale with those numbers, we would have received a letter in the mail that started something like, "We appreciate your interest in attending Yale University. However, we regret to inform you...." Bush did not receive one of those letters. He was accepted to Yale for no other reason than his father and grandfather are Yale alumni and because of their status in our society.

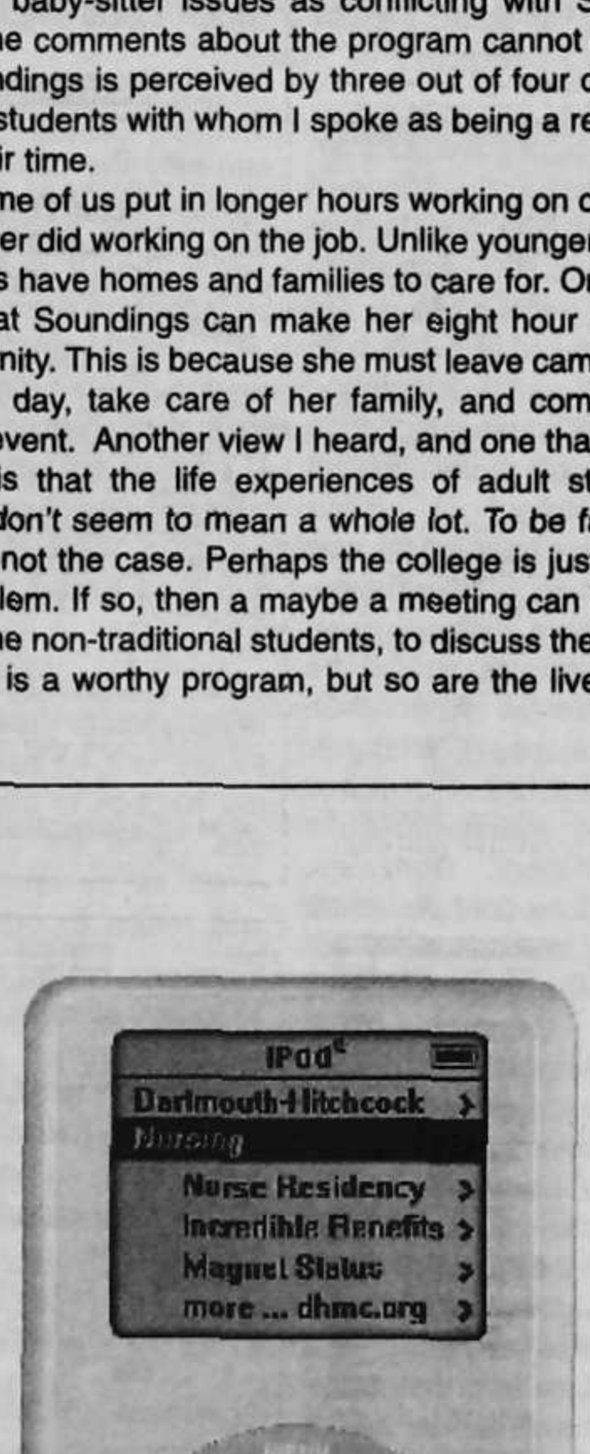
So what is the difference if a deserving student is left out in the cold because a minority gets a free 20 points on a standardized test or because someone's father is rich and a graduate of the school? Either way the more deserving student doesn't get to attend that college. In 2002, The Wall Street Journal reported that Harvard accepts 40% of applicants who are children of alumni, compared to 11% of regular applicants. What does that mean? It means you have a 30% better chance to get into Harvard if one of your parents graduated from there.

Getting into and graduating from an Ivy League school is a privilege. A degree from Harvard or Yale opens doors and creates opportunities that most people aren't fortunate enough to have. Shouldn't all applicants get an equal shot at taking advantage of those opportunities? Apparently not. If you want to improve your chances of getting into an Ivy League school, you better hope a member of your family graduated from one.

Affirmative action is associated with race in this country. That's why George Bush being accepted to Yale isn't seen as affirmative action in the eyes of many. To a lot of people, Bush took advantage of status, not race. A further look, however, shows this is not the case. The children of alumni at Ivy League schools are predominately white, so race is a factor. When a white student bumps someone from a college or university, no one says a word. Yet when a minority student bumps them, there is a national uproar about it.

Whether you agree with the policy of affirmative action or not, there is no denying the fact that there are rich white kids getting accepted to schools where their academic record and SAT score don't have anything to do with their acceptance. The simple fact is: George W. Bush has never accomplished one single thing in his life, whether it be getting accepted to Yale, owning the Texas Rangers, or being elected President of the United States, based on his academic record. The next time President Bush spouts off that students shouldn't get into college based solely on who they are, someone might want to remind him that he got where he is today because of who he knows, not what he knows. ■

-Tom Casale
Editor-in-Chief



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Students Earn Credits in Costa Rica

Becky Seguin
Cairn Staff

This is the fifth year that Castleton has offered the Costa Rica program.

Photo from: www.castleton.edu

This coming summer, Castleton State College will take its fifth trip to osta Rica with a curriculum entering on geology and panish. Students can earn ur credits in geology while udying live volcanoes cluding, Poas, Irazu, Arenal nd Rincon de la Vieja. The roup will also go to the mous Monteverde cloud rest as well as several eaches on the Pacific Coast here students will study andy and rocky beaches nd how they relate to plate ctonics. Professors and udents will discuss agricul- re and soil formation as well s geological hazards (vol- anic eruptions, mud slides, c.), air quality and climate hange. Students will stay ith host families and will ave opportunities to travel round the country during the eekends.

While in Costa Rica, udents can earn up to six panish credits by studying Academia de Lenguaje in an Jose, where small class- s will improve students with l levels of language skills. tudents who choose to udy both geology and panish will leave Vermont onday May 16 and return ne 27.

Students doing just e geology portion of the trip ill also leave May 16, but ey will return Monday, May 0. Those students must eet a prerequisite of one 000 level geology course rior to departure. Castleton ourses that can satisfy this equirement are: GEY 1030 Physical Geology), GEY 040 (Environmental eology), and GEY 1050 Historical Geology). Geology rofessor Dr. Helen Mango as the option of granting rerequisite clearance for tudents by approving geolo- y classes that have been ansferred to CSC from other olleges.

The costs of the trip are as follows:

Vermont student: Tuition (4 credits Geo)- $3,308

Out-of-State student: Tuition (4 credits Geo)- $3,812

Vermont student: Total (10 credits Geo/Spa)- $4,696

Out-of-State student: Total (10 credits Geo/Spa)- $5,200

Either Vermont or Out-of-State students: Spanish, 6 credits/weeks- $3,783

Students can apply for the program until February 4, 2005. Students will be notified by February 28, 2005 if they are accepted and must send in a non-refundable deposit of $500 by March 11, 2005.

To apply, a student must write a letter stating why he or she wishes to take part in Castleton's next Costa Rica program. Letters must include the student's full name, social security number, local address and local telephone number, email address, home address and home telephone number, academic major and anticipated year of graduation. Also needed is a letter of recommendation from someone in either an academic- or a work- related setting who knows the student well. If students have participated in other study- abroad programs, they should include the name of the group leader and contact information for those programs. All applications must be brought to the Dean's office in Woodruff by the February 4 deadline.

(Information for this story was obtained from the school's site: http://www.castleton.edu/costarica/index.htm) ■

SMEGLIN continued from front page

o the classes they teach for students here and at Lyndon.

Many of the students are hoping to see Prof. Semglin eturn soon but worry about the impact on her colleagues. "I oticed that when they told us all of the professors looked xhausted. They looked as though they were in complete hock, as we were when they told us," said Morgan.

With Prof. Smeglin gone, many nursing students won- er about the future of the program. Nichole Crowley, a sec- nd-year student, said that Smeglin was close to many of her tudents and colleagues, and that her departure has sad- ened the entire program. After hearing the news that profes- or Smeglin would be taking a leave of absence many stu- ents sent cards and letters to her. "Right now, all of our houghts and prayers go out to her," Crowley said. "We will iss her and hope to see her return." ■

The War on Iraq Impacts Castleton Students

Koran Salem and Kate Bradleyfulco
Cairn Contributors

"A large roadside bomb detonated near my vehicle on Halloween, and I took some shrapnel in my lower back when the back window was penetrated," said Tom Chennette, who is one of at least four Castleton students currently serving in the U.S. war on Iraq.

Chennette, Steve Durgin, John Hooker and Josh Walton left Castleton early this year and are now serving in Iraq. Hooker and Walton are stationed just outside Baghdad and Chennette is stationed with Durgin about 60 miles south of Baghdad, at Camp Scania. "Combat is definitely a reality out here," said Chennette. "We were all trained as Military Police to run convoy support inside and around Baghdad area. We're often hit with small arms (rifle, RPG fire) and roadside bombs. Our vehicles are well armored, so we're safe for the most part."

"Hooker said his career goals have changed since going overseas. He explained, *'I wanted to be a cop. Now I'm not so sure. I'm kind of sick of having a pistol on my hip and the power of life and death. It's a humbling experience to know that I would have been justified in killing someone because I portrayed their actions as hostile to me or my cargo.'*"

Serving in the war on Iraq has changed the future plans of these soldiers. Hooker, a Specialist for the 95 Military Police Batallion, said his career goals have changed since going overseas. He explained, "I wanted to be a cop. Now I'm not so sure. I'm kind of sick of having a pistol on my hip and the power of life and death. It's a humbling experience to know that I would have been justified in killing someone because I portrayed their actions as hostile to me or my cargo."

Chennette's future plans have changed as well. He has decided not to finish his senior year at Castleton with just seven credits left to earn. He will pursue online courses instead, even though he has the support of the Castleton community.

Castleton student Richard Swenson lived with both Chennette and Durgin last year in Morrill Hall and has known both of them since high school. His suite was impacted by their deployment. "There's not much you can say other than good luck," Swenson said. "I think about them every day. I talk to their girlfriends and ask them to keep me posted."

Chris Spear, another Castleton student and specialist in the National Guard, is about to be deployed for training and then sent to overseas. Spear will be a security guard in Kuwait or Saudi Arabia, he's not sure which. He knew it was just a matter of time before he was deployed, but he is ready to serve his country. Spear is getting help from professors so that he can finish this semester before leaving. He said he feels that he's getting support from his friends and schoolmates. "Everyone has been wishing me good luck," Spear said. "They may not agree with the war but at least they support the troops. It's not like Vietnam, where everyone hated the people in uniform. It makes me feel good. It's like we're not going against the world or the nation."

The Support Your Troops Club has recently been formed on the campus. Every Wednesday, students meet at the Campus Center to express their feelings and concerns toward the soldiers, and to figure out ways to support them. Trish Hunsdon and Maggie Brooks started the club, with the help of Chrispin White, director of the Castleton Center for the Support and Study of Community. Club members have been raising money to send care packages to the soldiers.

Hunsdon, who is close friends with John Hooker, says she has never supported the war but has always supported the soldiers. "I think, in general, people are supportive of the men and women who are giving up their lives and freedom to fight for a cause that they may not even agree with," she said.

Some of the girls in the club spoke about how they think Castleton has been affected. Stephanie Purinton pointed out that not many people took the war seriously until their friends started being deployed. Everyone's waiting for what will be next, she said. ■

How You Can Help

If you are interested in showing your support for our troops there are other ways than putting a magnet on your car. You can visit these websites to get more information on sending care packages to the troops:

www.Operation VermontCares.org

www.usocares.org

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Social Work Majors Experience Real World

Kristina Collins
Managing Editor

Don't expect to be bored in one of Professor Lillian Jackson's classes. Professor Jackson teaches a service-learning course where students participate in, with, and for the community.

Students in the class spend time in and out of the classroom. The course is a senior social work course that focuses on social welfare policy programs and issues. Student Molly Harrington commented, "It's hard and time consuming, but it's enlightening."

The focus for this semester's project is poverty. Professor Jackson chose to work with Caprice Hover from the Rutland County Housing Coalition because of Hover's concern for policies concerning poverty. Hover is a community organizer who works with the policies that these students are learning. She goes to the legislators in Montpelier every week. "Caprice is a tireless advocate," Professor Jackson said.

Hover asked the students to provide her with something that she can present to the lawmakers of the state about poverty in Rutland County. The class of 16 Castleton seniors visited and surveyed several areas in the community in order to inform policy makers about the concerns of the community regarding poverty. The class is also teaming up with Professor Bob Gershon's "Documentary Workshop" class to produce a film about homelessness and poverty in Rutland County for Hover.

Professor Jackson's students created a questionnaire for the focus groups that asked about people's attitudes and experiences toward poverty along with eight multiple choice questions about policies. The students questioned focus groups at 11 different sites including Dismas House, two nursing homes, Stafford Technical Center, the Castleton Teacher's group, Woodside Juvenile Detention Center, the Rutland Housing Coalition and other Rutland County sites.

"I think they are learning about policy issues and how to analyze the issues through government processes. The students conduct focus groups and learn from other people, empowering them to be willing to handle policy issues," Professor Jackson said about her students.

The class of 16 Castleton seniors visited and surveyed several areas in the community in order to inform policy makers about the concerns of the community regarding poverty. The class is also teaming up with Professor Bob Gershon's "Documentary Workshop" class to produce a film about homelessness and poverty in Rutland County.

Alison Clark, a member of the class said, "This has been an eye-opening experience. Most people don't know how other people see poverty."

Jen Rose conducted a focus group at a local nursing home and said, "We hope that what we are doing will open people's eyes."

The class should finish the survey by the end of November and the documentary, with the help of Professor Gershon's class, should be ready to present by the end of the semester. Molly Harrington, a member of the class, said, "I hope we have something to show legislation about how poverty affects the community of Rutland."

By the end of the semester, students will make presentations to Vermont State legislators, Rutland Mayor John Cassarino, the Rutland Board of Aldermen, President Wolk, Chrispin White, director of community service and internships, along with many of the focus groups who invited the class to come back to visit.

This service-learning course lasts one semester and is open to senior social work students. The projects for the class differ each semester. To learn more about a service learning course for your major, visit Chrispin White at The Center for the Support and Study of the Community above the Coffee Cottage. ■

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Killington Opens for the '04/'05 Winter Season

Patrick Fenelon
Cairn Contributor

At 9:00 a.m. sharp, Tuesday, Nov. 11, lift attendants dropped the rope set up to hold back the crowd of anxious skiers and riders who loaded the first gondolas for the '04/'05 winter season at Killington.

This season, Killington has continued its long-running tradition of being the first mountain to open for skiing and riding on the East Coast. While this was not Killington's earliest opening, it was one of its most extensive and successful.

A week earlier, it didn't seem possible that opening day could be in sight with temperatures on Killington in the 60s. Mother Nature kicked in on Sunday night and through Monday, though, allowing snowmakers a window of opportunity to create a blizzard. With just over 24 hours of snowmaking, Killington was ready to go with top-to-bottom runs.

As the first full gondolas reached the peak, the temperature was 25 degrees with occasional snow flurries and breaks of sun. Skiers and riders found eight trails to shred including Upper Great Northern, Rime, Reason, Pipeline, Upper East Fall, Lower Chute, Lower Bunny Buster, and Middle Great Northern. Open lifts included the K1 gondola and the Great Northern Triple Chair. The conditions were packed powder, although visibility was a problem at times due to the many snow guns which were left running for the day to take advantage of the cold weather.

Killington continued its long-running tradtion of being the first mountain to open in the East.
www.killington.com

At 11:00 a.m., Jay Rosenbaum, the director of Terrain Parks, opened the mini park on Reason. The park featured a jump that Rosenbaum described as a "hipple top," as well as a 15-foot long box and flat rail. "There was supposed to be another rail up today too, but we can't find it because the snow makers buried it," said Rosenbaum as he probed man-made snow drifts searching for the missing 20-foot-long, round rail, which will go in as soon as it is found.

Killington advised that the open terrain was for advanced and intermediate skiers and riders only. Adult tickets sold for thirty-nine dollars, young-adults for thirty-five, and juniors and seniors cost twenty-nine dollars. ■

Safe Ride Program Changes Requirements

Kyle Vinton
Cairn Contributor

Castleton State College students make a difference through their volunteering. Over the past five years, some of these volunteers have been students who give their time to the campus Safe Ride Program. Students who have volunteered have prevented driving under the influence, fist fights, and rape according to the program's founder, Deb Choma, director of the college's Wellness Center. But the Sate Ride Program is undergoing some significant changes this year.

Safe Ride's mission is to provide students with a ride home who are uncomfortable driving, under the influence or encountering car problems.
Photo from: www.castleton.edu/wellness/saferide.html

All new drivers now must be 21 years of age and must pass a four-hour defensive driving course. Dean of Administration William Allen reported that, "To maintain reasonable cost for insurance, we must make changes to both who is allowed to drive and how they are trained." Allen thanked students and staff for their patience as the college updates its policy and tries to find a balance between van use and the escalating costs of insurance. "This will be a challenge for us, I know," Allen said.

Also due to recent changes in the schools insurance policy, the rear seat has been removed from every van in the college's fleet. Those students who are under 21 and have a fleet license will still be allowed to drive the vans, due to a grandfather clause.

To sign up for the four-hour defensive driving course, students wishing to get a fleet license must contact Joyce Heald at extension 1207 to sign up.

According to a campus wide email sent by Safe Rides President, Laura Hain, students should not be discouraged to volunteer if they are under the age of 21. She said the program still has a need for volunteers who can stay on campus and answer the phone at the Wellness Center and also needs volunteer students who can ride with drivers.

Choma offered her thanks to the students who have volunteered their time to help their peers, and she emphasized that volunteers are always needed for the program. Safe Ride is "not a taxi service for drunks," said Choma. She described the program as something broader, a program that prevents Castleton students from getting into a variety of potentially harmful situations. Castleton's Safe Ride program has been mimicked by Clarkson University in New York. A similar program is also being discussed at three other schools, all of whom want to follow Castleton's example, according to Choma.

Safe Ride offers assistance to Castleton students on Thursday, Friday, and Saturday nights, from 10 p.m. to 2 a.m.. The Safe Ride phone number is 468-1472. ■

How to Get Into a Car Accident

Jesse DuRona
Cairn Staff

Ones first car accident is a very exhilarating experience, and one that is never forgotten. The screeching tires, the shattered class, the sound of metal on plastic warping and bending in excessive stress: it's an amazing adventure for the body, mind and car. While accidents are common and easy to accomplish, a true artist can cause a grand spectacle of totaled metal and walk away unscathed, dusting himself off with a big smile on his face. When the desire to leave the road becomes too overwhelming to contain, this life experience should outline some necessary steps to achieving such a goal with style.

At the time of my first car accident, I was working for IMB computers, which consisted of a twelve-hour shift every other day. Not only were the working hours long, but it was also very far away from my house. I had to get my lazy butt up by 5am to make it to work by seven. Fearing the possible toil that would be inflicted to my 1992 Nissan Sentra due to excessive mileage, I joined a vanpool. All I had to do was make it to a designated parking lot fifteen minutes from my house, and they would take me the rest of the way. I couldn't have asked for a sweeter deal.

"What a bunch of idiots, I laughed to myself. At least I'm taking the time to clean my car thoroughly. How irresponsible."

On this particular night, a great blizzard was brewing in the northeast kingdom, which slapped the factory with a lot of snow, and threatened to cancel my ride home that evening. Despite the weather, the other passengers of the van refused to give in to a little snow (hooray for the power of the human spirit), so we were on our way. A friend of mine at the factory invited me to stay at his apartment during the storm, but I cheerfully declined eager to return home. In retrospect, I really should have taken his offer, but hindsight is 20-20, after all.

An important thing to remember is that lack of sleep is a wonderful contributor to accidents. Being tired slows reaction time to that of a preschool T-ball player, and makes one about as irritable as his mother sitting in the stands. The trip to my car took about an hour and a half on a normal night. With six inches of snow on the ground, however, it felt like we were being dragged by horse and buggy. Frustration grew as my desire to return home only hindered my attempt to sleep on the long ride.

By the time the van had arrived at the parking lot, the hour fell upon two in the morning. Staggering out of the large metal vessel, I took a look at all of the cars, or rather the lack of them. The entire lot was covered in snow, as if the marshmallow man had recently blown up nearby. Had I not remembered where I parked that morning, I would have probably found it in time to start my next shift at work. It took nearly twenty minutes to get all of the pretty white powder off of my little black car, but at least the color contrast made it easy to see where I had finished scraping. As I worked, I saw everyone else just give their cars a quick dust off, and haul ass out of the parking lot.

"An important thing to remember is that lack of sleep is a wonderful contributor to accidents. Being tired slows reaction time to that of a preschool T-ball player, and makes one about as irritable as his mother sitting in the stands."

What a bunch of idiots, I laughed to myself. At least I'm taking the time to clean my car off thoroughly. How irresponsible...

Driving over the speed limit is not terribly risky when on dry pavement, but it makes for perfect accident conditions when the road is ankle deep in white slush. When I finally cleaned my car completely, I got on to the road and was on my way home. I reached a short straightaway just before a large field not two miles from my house, when I decided to kick my speed up a notch. I had not noticed any real loss of traction due to the heavy snow in my driving by that point, so the little common sense fairy in my head decided to take a hike for the evening. It is almost certain that he packed his bags a little fuller, as my petal grew closer to the metal.

The more overconfidence one has in such a danger ridden situation, the easier it will be to leave the road. As my speed increased, I grew giddy and excited. Like a drunken frat boy, I started intentionally swaying my car left and right on the road. I can only plead temporary insanity in this instance, because there is not logical explanation as to why I would swerve my tires on snowy roads like a complete idiot (perhaps I just explained myself after all).

In any case, nothing came of my playful and suicidal road games, and I found myself straightened out on my way toward a long and barren field.

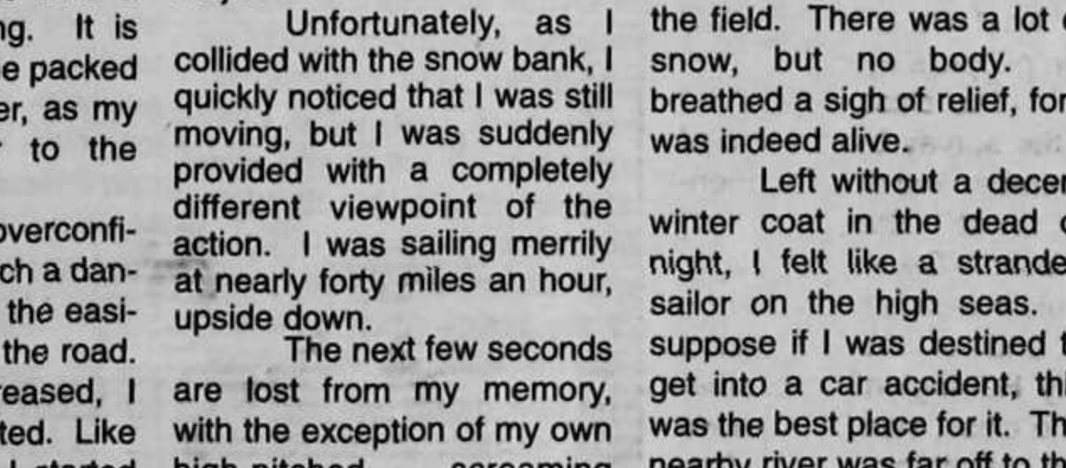
Though every factor mentioned so far are curtail when attempting a car accident, nothing compares with the ultimate deal breaker: not paying attention to the road. As I drove on, I decided that I needed some mood music. I turned on the radio and began searching for a decent station. With no luck, I began to curse the machine, yelling like a drill sergeant to his troops. During my childish outburst, it suddenly felt like something had bumped the rear of my car, because my back tires were suddenly in a race with my front end. Here I was in the ultimate situation that driver's education trains for: I was in a skid.

I tried to recall the words of the silly little man who taught me the ins and outs of a motor vehicle. "Make sure to turn your wheel against the skid," the driver's ed teacher said. "And you'll eventually right yourself." Had I been able to think clearly, I most likely would have recalled this advice and saved myself a few grand. All my training went out the window like a prankster's water balloon. I began jerking the wheel from side to side, and in effect aided my skid in its attempt to send me off the road. I then noticed I was on my way to making out with a nearby snow bank.

Thank goodness, I thought as the car and I grew closer to the tiny white hill. I'll hit the snow and maybe break a headlight, nothing major.

Unfortunately, as I collided with the snow bank, I quickly noticed that I was still moving, but I was suddenly provided with a completely different viewpoint of the action. I was sailing merrily at nearly forty miles an hour, upside down.

The next few seconds are lost from my memory, with the exception of my own high-pitched screaming drowning out the sound of my hood grinding on the gravel.



By the time my adventurous ride had ended, my voice was gone, and I was suspended in the air by my seatbelt like an assisted living Spiderman.

After collecting my nerves (at least the ones that didn't fly out of the car), I climbed out of my shattered driver side window into the slushy road. I took a look at my vehicle, then myself. While the car was mangled beyond recognition, my frame remained intact. I was in no pain either, which led me to check inside of the car again for my mangled corpse. It wasn't there, so I checked the field. There was a lot of snow, but no body. I breathed a sigh of relief, for I was indeed alive.

Left without a decent winter coat in the dead of night, I felt like a stranded sailor on the high seas. I suppose if I was destined to get into a car accident, this was the best place for it. The nearby river was far off to the side, and the road was completely straight (unlike my car, which now looked something like a banana). After what seemed like an eternity, a set of headlights approached my direction. I thought I would be the only fool on (or off) the road that evening. My hopes for rescue soared as the vehicle grew closer.

They have to stop for me, I thought. I'm in the way.

The young man who stepped out was very polite and calm. He may have been more surprised that I wasn't hurt than I was. He called my house for me so that my mother could come and pick me up, and the rest is history. As it turns out, the young man who pulled over to help me was a car mechanic. In fact, he worked at my family's regular garage. In essence, I was going to be laughed at later, at least when I was in better spirits.

Being in a car accident is like going on a roller coaster with about three chilidogs in your stomach: while the ride is fast and furious, the pain will catch up soon. I didn't feel anything at first, but once I got home and sat down, my entire body ached. I felt like I had just been in a car accident, which was ironic. In an attempt to put the disturbing event behind me, I spent the remainder of the evening watching a forensic autopsy show on television.

Since that night, I have not participated in any further auto related incidents of such an adventurous caliber. While, looking back, it was a very exciting, the financial (the car did indeed not survive) and physical tolls it took were enough to keep my hands on the wheel at all times from then on. I suppose I should be thankful that I was able to walk away from such a wreck, because many people do not. I think of luck as something which sticks to your shoe like gum, and waits for the right moment to stick.

My gum was very sticky that night. ■

How to Winterize Your Car

No matter how old or new your car is the cold winter weather will affect your car in some way. The oil will take longer to circulate, the engine will take longer to reach its operating temperature, and your car battery may not be fully charged. By taking a few important advanced measures, you can prevent several car problems that result from cold weather.

Becky Seguin
Cairn Staff

One problem that motorists encounter with cold weather is a weak battery that refuses to start your car. The best way to prevent this is to check your battery prior to the onset of cold weather. You can do this by taking the battery to an auto parts store and have it tested, or you can test the battery yourself by using a compact tester. This will put the battery under a 10-amp load for 10 seconds and indicate the battery's condition.

Another option is to bring your car in for a tune up. This gives you the opportunity to replace excessively worn belts and hoses. The mechanic can also check the brakes, tires and tire pressure, and advise you if purchasing new tires or snow tires would be in your best interest (be cautious if the mechanic sells tires).

Motorists should also check all fluids and make sure that there is plenty of coolant and antifreeze to prevent fluids from freezing. Replace windshield wiper blades and add plenty of washing fluid to the reservoir. Check the lights, heater, and defroster throughout the winter season and keep the gas tank as full as possible to prevent moisture from building up and freezing. Drivers can also purchase a small tube of spark plug boot grease and apply it to the rubber gaskets around car doors. This will prevent the doors from freezing shut.

Finally it is a wise idea to have a winter emergency kit in the trunk of your car. The kit should include a blanket, extra boots and gloves, an ice scraper, a small shovel, a flashlight, and kitty litter or sand that can be used when stuck in the snow. You should also try to keep some food, such as a box of granola bars, in case you're going to be stuck for a while. Also try to keep a bottle of water in your car.

By taking these preventive measures, you will save yourself a lot of common problems that people experience during colder weather. ■

"Shall We Dance?" Review

Beth Crosby
Cairn Staff

Richard Gere follows his heart from the business world of New York City to a small dance studio where his life changes.
Photo from: www.jennyforever.blogger.com.br

After not going to the movies for several weeks, I was invited to see the movie "Shall We Dance" one Saturday night with some friends. We went to Plaza Movieplex 9 in Rutland, and were amazed that on opening weekend of this film, only about 30 people were in the theater. I had my suspicions about the film—the previews had made it seem like one of those romantic comedies that we hear a lot about, but that aren't up to par. I went to the movie feeling skeptical, but was pleasantly surprised that I enjoyed it very much.

The movie takes place in Chicago, where estate lawyer John Clark (played by Richard Gere) seems to have the perfect life—the prefect career and the perfect house in the suburbs, complete with his wife, Beverly (played by Susan Sarandon), and his two teenage children, who seem bright and well adjusted. Everything seems to be going his way. You wouldn't think there would be anything this guy would want. But deep down inside, he is lonely and searching for something new and exciting in his life.

One night, as he is taking the train from his job in the city to his home in the suburbs, he notices a young women gazing out the window of Miss Mitzi's Dance Studio. He is taken by her, and eventually gets enough nerve up to actually go into the Dance Studio. He observes the young woman dancing and immediately signs up for dancing lessons. He discovers that the young woman, named Paulina (played by Jennifer Lopez) is not his dance teacher, but Miss Mitzi (played by Anita Gillette) herself is. He is joined in his dance lessons by Chic (played by Bobby Cannavale) and Vern (played by Omar Benson Miller), who both have their own ulterior motives for taking dance lessons.

Meanwhile, at home, Beverly wonders why her husband has all of a sudden started coming home late at night. She suspects him of cheating, but when she hires a private investigator to check it out, she is stunned at what she discovers.

Okay, so I don't want to give the whole thing away. Here is the bottom line—— "Shall we Dance" is a very nice romantic comedy. It certainly did have its funny moments, where the whole theater was laughing. I would recommend anyone go see this movie while it is still in the Rutland area. It certainly doesn't keep you on the edge of your seat, so don't go to see it if that is the kind of excitement you want. But if you want a funny movie that will brighten up your day, I would wholeheartedly recommend "Shall we Dance."

At press time, "Shall we Dance" was not still playing at Plaza Movieplex 9, but was playing at Westway Cinemas 4 in West Rutland. Saturday and Sunday Matinees are at 1:00 and 3:15, and evening shows are at 7:00 and 9:15. Check out http://www.cinemanorth.com- for the most updated movies and movie times at both Plaza Movieplex 9 and Westway Cinemas 4. ■

"Drawn Together" Review

Comedy Central recently premiered a new show called Drawn Together. Airing on Wednesday nights at 10:30 after South Park, the show has been called "TV's first animated reality show." That's right, an animated reality show.

Scott Lanphear
Cairn Staff

The show takes a satirical look at the world of animation while at the same time implementing many of the clichés common on reality shows. The basic premise of the show is to take eight cartoon characters ranging from a Betty Boop-look alike to a Pokemon look-alike and make them live under one roof in a format similar to The Real World. Each character, while representing a particular genre of animation (e.g..superhero cartoons, mystery cartoons, Disney fairy tale cartoons, etc.), also represents a particular stereotypical role usually seen on many reality shows. For example, one character, Princess Clara, parodies the typical Disney fairy tale princess while at the same time representing the sheltered rich girl who has many racist notions about life, a type that can be seen on many different reality shows.

Photo from: www.comedycentral.com

The show does a good job at mixing two very different television genres: reality television and animated cartoons of many sorts. The episodes shown so far have been packed with references to everything from The Bachelor to The Smurfs. In the latest episode alone, the show featured Pac-man (who also turned out to be Ms. Pac-man) a gay version of Elmer Fudd, as well as a genie reminiscent of the genie from Aladdin. The differences between the different characters create as much conflict as one could find on any "real" reality show, all with characters who are reminiscent of many beloved cartoon characters from the black-and -white days to the days of Internet cartooning.

So, if you like (or dislike but like to make fun of) reality television, and you like adult animation with a little racy humor, you won't want to miss this hilarious show. ■

FITNESS continued from front page

Tom, a Castleton student, agrees with Dean Stone. He says "I think it's ridiculous that it's not open yet but there's been a lot of talk on campus about not having anything to do and the new gym is a good step towards a more community based campus. Students need a place to go and meet people and get their mind of classes and I think the new gym will provide that. I know I'm planning on going when it opens."

Patrick, a Junior, has a slightly different take on it. "I think the new fitness center is a great idea and I feel that it will allow students to get more physically active because they'll want to go to the new fitness center and more people will focus on fitness and health and more people will be working out and it may even bring in people from town. I think it's groovy."

Tammy Robertson, the fitness director in charge of the new fitness center, says that the equipment to be put into the fitness center is extensive and covers all aspects of modern workout equipment. Newly hired in July as assistant athletic director, Tammy Landon's primary responsibility is the new fitness center, although she is also the new field hockey coach. She graduated from Springfield College in Mass. In 1993 with a Bachelor's Degree in athletic administration and in 2004 received a degree in athletic administration.

The equipment in the new fitness center includes five Precor Treadmills, five Precore elliptical bikes, two Recumbant bikes, two upright bikes, an elliptical cross trainer and one climber, for a total of 16 pieces of cardio equipment. In addition, there will also be five new Schwinn stationary spinning bikes. Each piece of cardio equipment comes equipped with its own 15 inch monitor and, starting in January, will also be equipped with a personal DVD/CD attachment so each student will be able to watch and listen to whatever they wish while working out.

Justin, a Sophomore, thinks that the addition of personal viewing screens and DVD players will only help students in the long run. "Many people don't feel like working out because they feel lazy or think they should be doing something else but with TVs on all the equipment I think more people will feel like working out because they'll be able to listen to the music they want to or watch a movie while do it. I think it's a great idea."

The fitness center will also include extensive Icarian free weight equipment (Olympic benches, cable crossover, dumbbells, plates, etc.) as well as seven pieces of Cybex selectorized weight training equipment, such as pec-decks, and assorted fitness balls, medicine balls and mats. A full stereo system will play music throughout the center, and a climbing wall running the entire height of the building will be available for all students to use. The new facility will also provide aerobic programs and an upswing in availability of fitness program options.

The facility will be primarily student run, with Tammy Robertson in charge. The shifts will run in two to three hour increments, with students being in charge of such things as running the front desk, taking membership information, and helping out with students and equipment. Exercise science and physical education majors will be involved with supervising and training of students. Giving exercise science and physical education majors the equipment and facility they need was another reason for the new facility.

Membership is automatically included for all students, faculty and staff of Castleton State College, with no hike in tuition. Quite a feat, considering the entire project cost close to $8 million. Memberships are also available to the general public, with discounts for senior citizens, CSC alumni, and immediate residents of the town of Castleton. CCV students with at least six credits a semester will be able to purchase memberships at a discount, $25 per semester, and will have full use of the facility. Memberships are available through the athletics office. The hours for the new fitness center are:
Monday through Thursday-6AM to 10PM
Friday-6AM to 7PM
Saturday-8AM to 2PM
Sunday-4PM-9PM

The new fitness center is a step in the right direction for Castleton and something that will be appreciated by students for years to come. Boasting state of the art equipment, a knowledgeable staff, and even a climbing wall, the new fitness center promises to be a welcome addition to the Castleton College campus. ■

RESIGN continued from front page

counsel, benefited from her great experience and appreciated her sound and steady judgment." (CNN.com) If confirmed, Stephen Hadley, the current top deputy under Rice, will be promoted to National Security Advisor. (CNN.com) Rice's move from being the National Security Advisor to Secretary of State grew some negative reactions. One of them was from former Secretary of State Lawrence Eagleburger, who told CNN "I do not believe that you should have in the secretary of state someone who has spent their last four year in the White House next to the president. I do believe you need tension between the State Department, the Defense Department and the National Security Counsel." (CNN.com)

Other resignations from Bush's cabinet include Agriculture Secretary Ann Veneman, 55, and Energy Secretary Spencer Abraham, 52. Veneman was the first woman agriculture secretary, and her possible replacements are Chuck Conner, White House farm advisor, Former Democratic Representative Charles Stenholm of Texas, Chief US negotiator on Agricultural Issues Allen Johnson, and the undersecretary of marketing and regulatory programs, Bill Hawks. (CBS News)

Energy Secretary Spencer Abraham is a former senator from Michigan, who became the 10th energy secretary after he lost his rid for re-election (CBS News). According to CBS News, Abraham "struggled in an attempt to get Congress to endorse the Bush administration's broad energy agenda and was unable to convince Congress to enact energy legislation."

Forty-percent of President Bush's cabinet has now resigned. The cabinet normally has 15 members. ■

North Atlantic Conference Honors Several Castleton State College Athletes

Jeff Weld
Women's Assistant Basketball Coach

The North Atlantic Conference men's and women's soccer and field hockey all-conference teams were announced Saturday, November 6, following the completion of the conference tournaments. Castleton State College had several representatives honored.

For women's soccer, Amy Yandow (senior, Vergennes, VT) and Hayley Daden (senior, Sunderland, VT) received All-North Atlantic Conference 1st team honors. Yandow enjoyed a successful season on the offensive end scoring 23 goals and adding 4 assists. Daden was the team's second leading scorer with 10 goals and 6 assists. Erin Huckabee (junior, Marlborough, CT) and Erin Hanlon (sophomore, Hoosick Falls, NY) received All-North Atlantic Conference 2nd team honors. Huckabee was the cornerstone of Castleton's defense which only allowed 18 goals in 21 games. Hanlon was third on the team in scoring with 9 goals and 6 assists.

> "For women's soccer, Amy Yandow (senior, Vergennes, VT) and Hayley Daden (senior, Sunderland, VT) received All-North Atlantic Conference 1st team honors."

For field hockey, Carrie Black (sophomore, Warrensburg, NY) received All-North Atlantic Conference 2nd team. Black led the Spartans in scoring with 13 goals.

For men's soccer, head coach John Werner received North Atlantic Conference Coach of the Year. Nathan Williams (junior, East Shodack, NY), Ty Pratt (senior, Colchester, VT) and Michael Pickering (senior, Arlington, VT) each received All-North Atlantic Conference 1st team honors. Williams led the Spartans in scoring with 10 goals and 8 assists. Pratt, a captain and marking back for a defense that allowed only 23 goals in 21 games, played a huge roll in Castleton's second straight NAC title. Pickering was 3rd on the team in scoring with 5 goals and 5 assists. Phil Pittelli (senior, Hobart, NY) received All-North Atlantic 2nd team honors. Pittelli, a captain and sweeper for the Spartan defense, was also 4 for 4 on penalty kick attempts this season. Joel Leichtnam (senior, Rutland, VT) received All-North Atlantic Conference honorable mention. Leichtnam, Castleton's goalkeeper, had an excellent season recording 8 shut-outs including all 3 games of the North Atlantic Conference Tournament. ■

Upcoming Games

Womens Basketball
Dec. 4 - Elm's College Away at 3p.m.
Dec. 5 - Becker College Away at 1p.m.
Dec. 11 - Johnston State College Home at 1p.m.

Men's Basketball
Dec. 4 - Elm's College Away at 5p.m.
Dec. 5 - Becker College Away at 3p.m.
Dec. 9 - Skidmore College Away at 7p.m.
Dec. 11 - Johnson State College Home at 3p.m.

Men's Hockey
Dec. 3 - Bowdoin College Home at 7p.m.
Dec. 4 - Colby College Home at 3p.m.
Dec. 8 - Franklin Pierce College Away at 7p
Dec. 11 - Skimore College Home at 2p.m

Women's Hockey
Dec. 4 - Elmira College Away at 2p.m.
Dec. 7 - Holy Cross Away at 2p.m
Dec. 9 - St. Anselm College Home at 7p.m.

Spartan Update

Cross Country
(M)- 39th (W)- 29th
*NCAA New England Regional Championship

Men's Results (8K)
1. Keenan White 131st 28:56
2. Jace Klein 243rd 33:13
3. Kyle Vinton 259th 34:33
4. Joseph Wissler 267th 35:17
5. Jeremy Gibbons 278th 39:24

Women's Results (6K)
1. Katie Sprowl 92nd 24:38
2. Michelle Bird 153rd 25:58
3. Yvonne Olney 215th 27:42
4. Beth Pantzer 235th 28:40
5. Ariel Delaney 254th 30:30

Women's Ice Hockey
2-2

Castleton State College's Abby Greenbaum (Kittaning, PA) Named to ECAC East Women's Ice Hockey Weekly Honor Roll

(November 6th-19th) Greenbaum scored a hat-trick in a 13-6 win over Chatham Friday night. For the week she had five goals and three assists for eight points.

Abby is a freshman, majoring in physical education at Castleton State College.

Stephanie Purinton (Gansevoort, NY) was named the ECAC East women's ice hockey player of the week

(November 6th-19th) Purinton scored five goals and added two assists in a 13-6 win over Chatham College. The following night she scored two goals and made two assists in another Castleton victory over Chatham. She scored seven goals and made four assists for a total of 11 points. The two victories were Castleton's first wins as a varsity team.

Stephanie is a freshman, majoring in physical education at Castleton State College.

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Rennie Harris PUREMOVEMENT

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Fine Arts Center
December 2 at 7p.m.
TICKET REQUIRED

New Student Club to Raise Awareness of Judaism

Scott Lanphear
Cairn Staff

This semester, students at Castleton have founded a new club designed to make students of all backgrounds aware of the culture of Judaism.

The club, called the Hillel Club after a famous rabbi, is open to all students who want to learn more about the Jewish faith and Jewish culture. Rebecca White, a student at Castleton, founded the club.

The club meets every other Thursday during N-Period in the Fireside Café. The club has several activities planned, including a cooking workshop with Jewish food, a trip to a temple, and apple picking. ■

Castleton Calender

Dec. 2 - Soundings Event - Rennie Harris PUREMOVEMENT FAC at 7p.m.
*TICKET REQUIRED

Dec. 6 - Soundings Event - John Hammond FAC at 7p.m.
TICKET REQUIRED

Dec. 7 - Castleton Jazz Ensemble, FAC at 8p.m. free

Dec. 11 - Lakes Region Youth Orchestra FAC at 7p.m.
*TICKET REQUIRED adults $6, senior/child $4, family $20

Dec. 13 - Castleton Chorus FAC at 8p.m.
*TICKET REQUIRED adults $5, 18 and under, and college community free

Dec. 17 - Classes end

Dec.18 - Finals begin

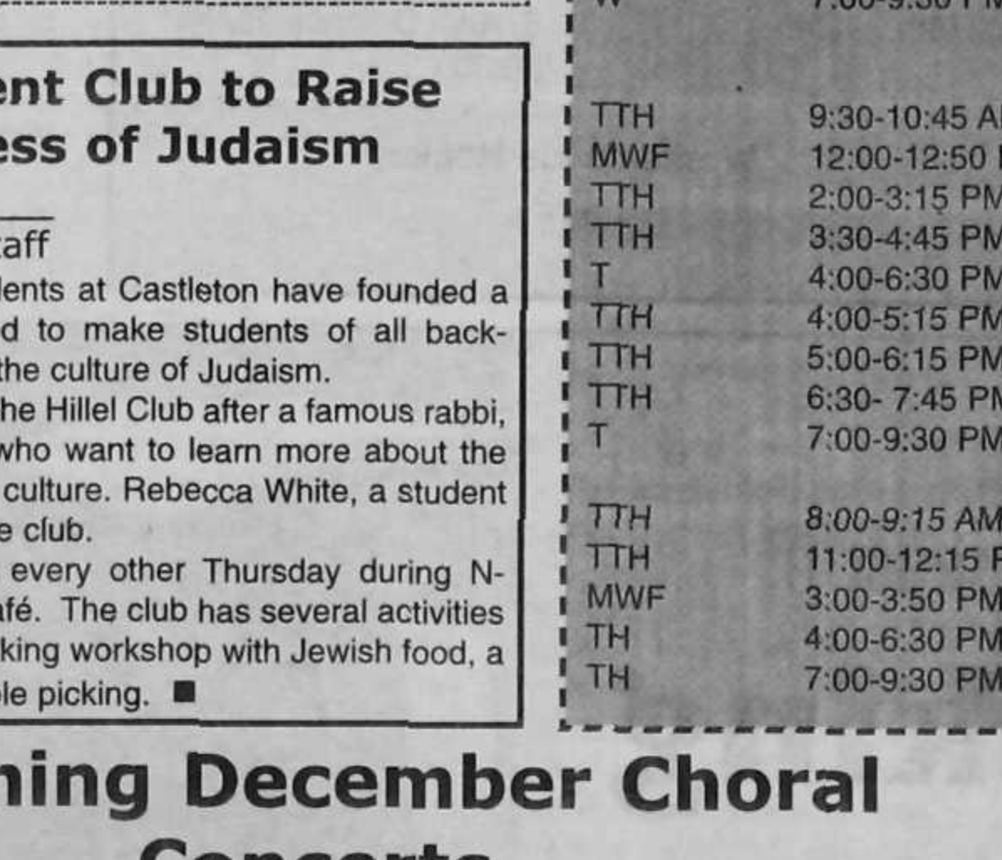
Dec. 22 - Finals end

Dec. 22 - Residence Halls close, 6p.m.

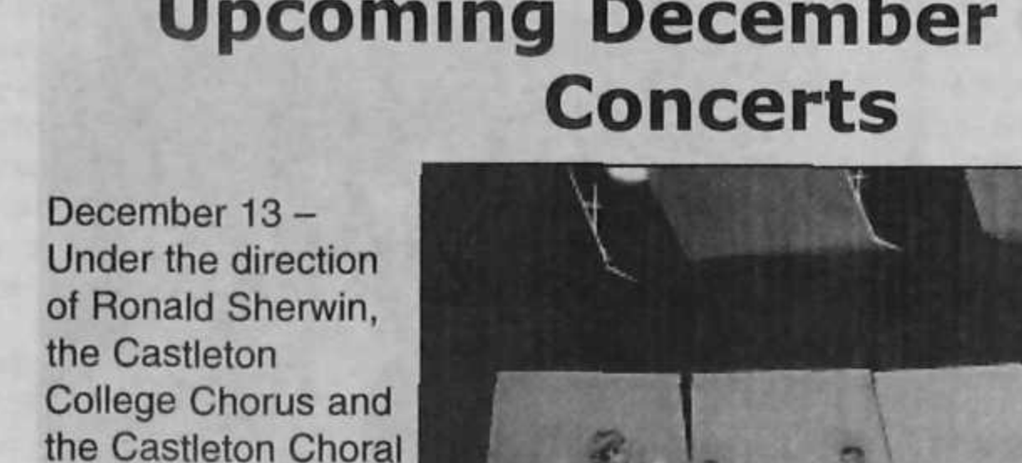
Final Exam Schedule

Class Days	Class Time	Exam Day	Exam Time
MWF	8:00-8:50 AM	Saturday, Dec. 18	8:00-10:00 AM
MWF	*11:00-11:50 AM*		*10:30-12:30 PM*
MWF	2:00-2:50 PM		1:30-3:30 PM
M	4:00-6:30 PM		4:00-6:00 PM
MW	5:30-6:45 PM		4:00-6:00 PM
M	7:00-9:30 PM		7:00-9:00 PM
MWF	9:00-9:50 AM	Monday, Dec. 20	8:00-10:00 AM
MWF	10:00-10:50 AM		10:30- 12:30 PM
MWF	1:00-1:50 PM		1:30-3:30 PM
MW	4:00-5:15 PM		4:00-6:00 PM
W	4:00-6:30 PM		4:00-6:00 PM
MW	7:00-8:15 PM		7:00-9:00 PM
W	7:00-9:30 PM		7:00-9:00 PM
TTH	9:30-10:45 AM	Tuesday, Dec. 21	8:00-10:00 AM
MWF	12:00-12:50 PM		10:30-12:30 PM
TTH	2:00-3:15 PM		1:30-3:30 PM
TTH	3:30-4:45 PM		4:00-6:00 PM
T	4:00-6:30 PM		4:00-6:00 PM
TTH	*4:00-5:15 PM*		4:00-6:00 PM
TTH	5:00-6:15 PM		4:00-6:00 PM
TTH	6:30- 7:45 PM		7:00-9:00PM
T	7:00-9:30 PM		7:00-9:00 PM
TTH	*8:00-9:15 AM*	*Wednesday, Dec. 22*	*8:00-10:00 AM*
TTH	11:00-12:15 PM		10:30-12:30 PM
MWF	3:00-3:50 PM		1:30-3:30 PM
TH	4:00-6:30 PM		4:00-6:00 PM
TH	7:00-9:30 PM		7:00-9:00 PM

Upcoming December Choral Concerts



December 13 – Under the direction of Ronald Sherwin, the Castleton College Chorus and the Castleton Choral Union will explore war and peace as *expressed in music* and poetry from around the globe.



The concert will include works from *Palestrina to Peter*, Paul, and Mary.

Fine Arts Center, 8 p.m. Tickets: adults $5, 18 and under, and college community free.

Have an opinion? Would you like to write an article? Send us a personally drawn piece of artwork or let us know if something is happening on campus that we do not know about. *The Cairn* is always looking for student contributors. You can e-mail us at:

Cairn@castleton.edu

***The Cairn* is now available online at:**

www.castleton.edu /campus/index.htm

Check out your horoscope on page 8

"Super Size Me" Review on page 6

The Cairn

WEDNESDAY DECEMBER 15, 2004

New Class Officers Elected

Kate Bradleyfulco
Cairn Contributor

Students voted for new class officers at Huden dining hall and occurred from November 17 to the 19.

David Stebbins is the new freshman class president. He wanted to be president because he thought he would be a good voice for the freshman class. He promises he will try his best at being president. "I'm coming off a four-year stint in the army. If I can lead a platoon of men, I believe I can run a class of 400, and appreciate the opportunity to do so" Stebbins said.

Junior class vice president Ira Morgan has already had experience with being a class official. "I was freshman class president and enjoyed working for the class and the student body, so I decided to run for vice president this year" says Morgan. As vice president, Morgan has to work with the junior class president, Adam White, and assist with meetings and events if he is gone. Morgan is planning on raising money to help his class prepare for graduation and senior week. "My long term goals is to have some great events for the junior class that will raise money for senior week and will be fun for the students to attend." Both Morgan and White plan on making their e-mail addresses well known so anyone can talk to them. "Many people know us through working at Fireside and are always welcome to approach us with concerns or ideas at any time" he said.

The senior class president this year is Tara Hogue, and senior vice president is Mark Ringuette. They are both very active around campus, and have been since they started here four years ago. Both of them wanted to run so they can make a difference in the senior class and have a memorable senior week. Hogue explained that: "the people last year had nothing. They didn't have a senior week and I think it's important to have one."

> " '...all of the people on the ballot were running for the right reasons, not as a popularity contest or as one more thing to add to a resume. We all care about Castleton and want to be active in the decisions that go into our college graduation and the decisions for our class as a whole.' "

Senior week and graduation will be the main focus of their job. Ringuette and Hogue will also sit on the Commencement Committee to help plan graduation. However, they are waiting until the first class officer meeting on December 14, until then they can't do any planning.

They are also helping with the senior class gift, which is repairing the amphitheater. "We've been working to raise money on the amphitheater project with the Emerging Leaders since freshman year. We're raffling off an autographed Miami Heat basketball at the men's and woman's regular season basketball games from now until February (for a fundraiser). We also sell 'I support Castleton' stickers at the school stores and basketball games." Ringuette says.

Hogue and Ringuette are asking the senior class to help them out. "If you have anything to contribute, to please let me know. Its key that it involves the whole class, we don't want to be the

NEW CLASS continued on page 4

Democrats Move On

Beth Crosby
Cairn Staff

With his loss on Nov. 2, many people wonder what Senator John Kerry will do. Newly elected Democratic leader, Sen. Harry Reid of Nevada said, "Senator Kerry is not a shrinking violet," during a CBS News interview. "We are looking for John Kerry to find what he wants to do. We are sorry that he's not in the White House, but we're glad that he's back on Capitol Hill."

Sen. Kerry returned to the United States Senate in November as the first presidential candidate since 1972 to do so after an election defeat, according to the Senate Historical Office. The last presidential candidate to do so was U.S. Sen. George McGovern.

With $45 million dollars left from his campaign, there is talk Senator Kerry might try again in 2008 for the White House. In addition to the $45 million left from his campaign, Kerry has $7 million in an accounting fund that could be used for legal expenses during a 2008 run. Kerry said in a recent CBS news interview, "It is premature to be thinking about something that far down the road. What I've said is I'm not opening any doors; I'm not shutting any doors. If there is a next time, we'll do a better job. We'll see."

Kerry also said that he was not sitting around thinking about his loss. "You've got to go on," he said. "Do I find it some mark of failure or distress? The answer is no."

Democrats suffered multiple defeats on Election Day nationwide. Not only did the party watch a candidate lose the presidency, but also watched the Republicans

gain many seats in the Senate. Even Tom Daschle from South Dakota, the minority leader in the U.S. Senate, was voted out. When the House reconvenes in January, Republicans will control the Senate with 55 seats, and the Democrats will hold 44. There is one independent in the Senate, Vermont's Sen. Jim Jeffords.

In other Democratic news, Vermont's former governor, Howard Dean, aspires to become the chairman of the National Democratic Party, according to CBS News. Dean said he has not decided to run for the chairmanship yet, but he received many emails trying to convince him to do so. According to CBS news, Dean promised to not step out of the spotlight and said, "I will stay involved, believe me." ■

Emerging Leaders Improve Castleton

Lindsay Hale
Asssociate Editor

The Emerging leaders of 2005 have set a goal to raise enough money to renovate the current amphitheater by the time they graduate.

The seniors have done many fundraisers including a 50/50 raffle at the diamond Run Mall, flower sales at the 2004 commencement and a silent auction during Fall Festival. Some ongoing and upcoming fundraisers that the group has planned include, selling "I support Castleton" static cling decals in the school store, athletic games and special events. They also plan to raffle off an autographed Miami heat basketball at upcoming basketball games; designing and selling a senior sweatshirt and selling engraved bricks and plaques.

The emerging leaders group consists of students who are interested in making Castleton a better place. Each group has a Castleton alumni to help. The Emerging Leaders of 2005's mentor is Art DeLorenzo who is now a group vice president for American Express.

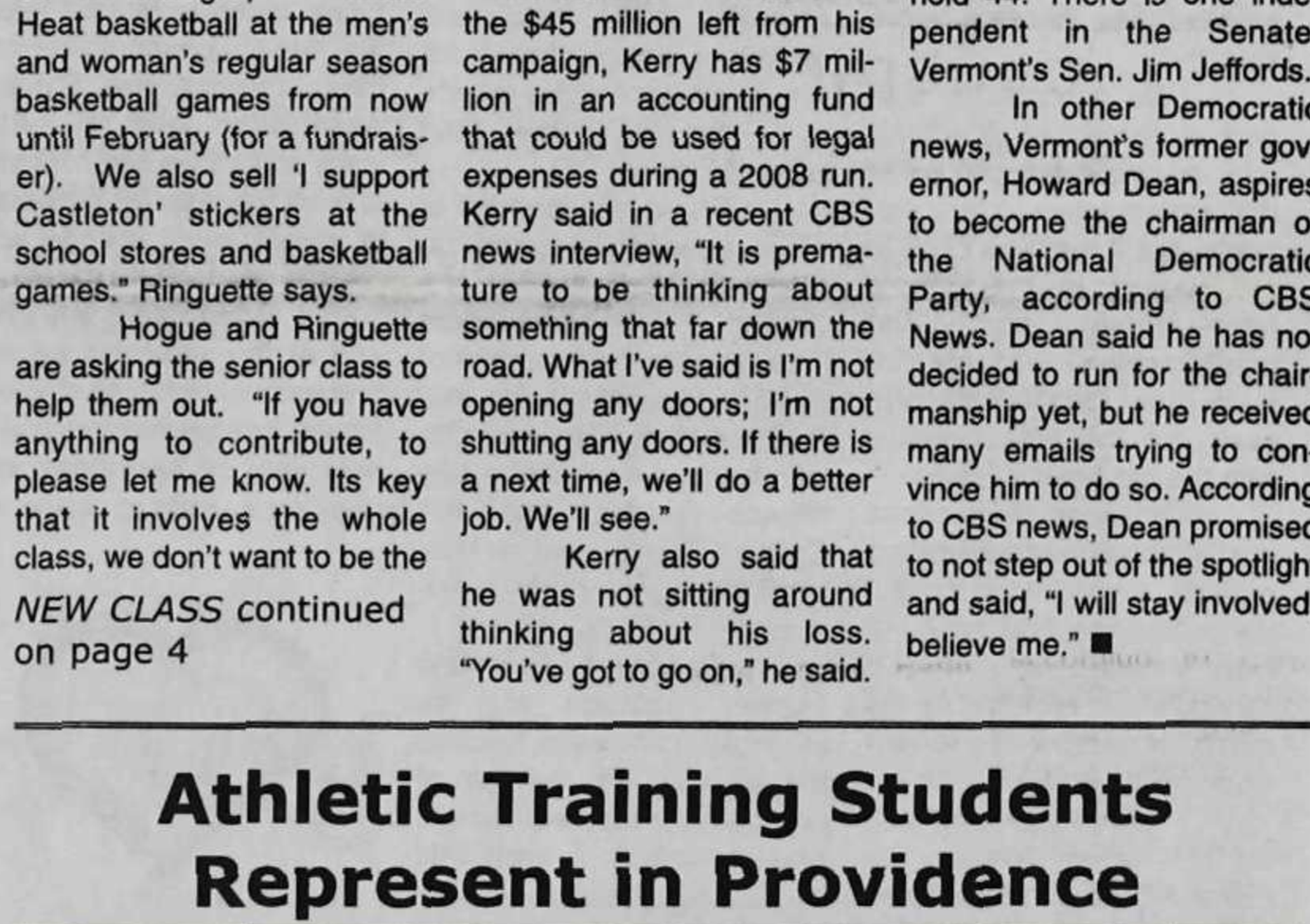
One member of the group, Brienne Klassen expressed how important fundraising was to the group and they have been working on this since they were freshmen. Another member, Ashley Dubois mentioned that "it is really important to be doing this project because it is saying to Castleton that we appreciate what we have received from the college and showing that we care about the future."

> " 'it is really important to be doing this project because it is saying to Castleton that we appreciate what we have received from the college and showing that we care about the future.' "

The group hopes to replace the wood with pavers, they would also make it more accessible to students, faculty and vistors.

Dubois also mentioned that "this has been an ongoing project since spring semester freshmen year and we will look forward to having it complete. ■

Athletic Training Students Represent in Providence



26 students in the Athletic Training and Physical Therapy Program represented Castleton in Providence, Rhode Island in November. Read more on page 4

Photo by: Tasha Gilman

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The Small College with the Big Heart

President David S. Wolk

I am delighted to respond to the invitation from The Cairn to discuss our beloved college and its future. Although I have addressed this topic in State of the College Convocation addresses and in forums on Castleton's new Master Plan, I welcome the chance to reiterate those thoughts here.

During the past year our students, along with other members of our Castleton family, have contributed to the design of our plans for the future.

Castleton is fast approaching the limit to *enrollment growth. Through* our discussions about the future of the college over the past year, we have concluded that we need to be very thoughtful and strategic regarding growth, and that Castleton should not exceed an on campus student population of 2000 students.

Our enrollment has increased steadily over the past three years, both in numbers and in quality. This year's class is the largest in the history of the college. As a result, our admissions process has become more selective.

We continue to support a myriad of academic *and co-curricular programs* that are attractive to new students, but it remains clear to me that it is the people here—faculty, staff and administration—who are the main draw for students who seek out the small college with the big heart.

In order to continue our campus beautification projects, as well as our building renovation and improvement efforts, we are on a schedule that will improve the quality of campus life for our students.

Last year we completed the renovation of the Fireside Café and the Coffee Cottage.

*This year we are ren*ovating residence halls and Huden, a project that will be completed when you return from the semester break. Castleton Hall opened on October 15, and the entire facility, including the fitness center, will be completed by the end of this month.

> "This year we are renovating residence halls and Hude, a project that will be completed when you return from the semester break."

Over the past several years, you probably have noticed that we are taking much more pride in the condition of our campus, including *new signage, improved walk*ways and parking, furniture replacement, and cosmetic improvements in several buildings.

Projects that we hope to complete in 2005, dependent on funding, include renovations to Glenbrook that follow the final opening of Castleton Hall, and improvements to the Black Science building that comprise classroom and laboratory research areas as well as a more modern and comfortable lecture hall. These projects are largely funded through state capital funds and private fund-raising.

In 2006 we hope to complete an expansion and modernization of our Campus Center, a building that has not been altered in any significant way in 35 years. This improvement will include expansion of the mailroom and the college store, and more student activities areas and office spaces in a student-friendly environment.

Furthermore, in order to comfortably house new students, we are planning some smaller "living/learning" type residence halls that might be theme-based according to the needs and desires of groups of students who might want to live together in "houses" rather than *larger buildings.*

There is a long list of other needed changes on campus, comprising Fine Arts *Center enhancements* (including the replacement of the original seats in the theater), classroom spaces, athletic fields, a new community "Peace Garden" near the Coffee Cottage, and several other improvements to buildings and facilities.

Parking remains another challenge, and we are looking into ways to solve this as well, with the help of your student representatives. We were very pleased that the Student Association conducted a survey last spring *and then suggested how* parking should be allocated for this academic year. The college followed the student *recommendations.*

I am pursuing private fund-raising to help finance many of these projects. There is limited, but helpful, state support for capital investments. The state of Vermont subsidizes only about 18% of our operating budget.

> "Projects that we hope to complete in 2005, dependent on funding, include renovations to Glenbrook that follow the final opening of Castleton Hall, and improvements to the Black Science building that comprise classroom and laboratory research areas as well as a more modern and comfortable lecture hall."

We do not use stu*dent tuition to fund these proj*ects because our tuition (which remains the lowest in Vermont for four-year colleges *for both in-state and* out-of-state students) is used to support our operating budget. Room and board charges are used for those specific purposes.

I am working hard to increase alumni fund-raising and grant funding, because these projects and the future of the college depend in large part on our ability to secure outside funding and limit any tuition increases so that we remain the lowest cost college in Vermont.

Alumni giving to the college increased by over 50 percent in the past year, and outside support continues to grow. *I will* keep working to increase fund-raising, because the quality of your college experience, and the future of the college, will be enhanced through additional outside support.

Just as we planned the new fitness center and residence space in Castleton Hall on the basis of what students told us they needed and wanted, we will continue to solicit student opinion on *future improvements. Please* feel free to communicate your ideas through the Student Association and in other *ways so that we can continue* to work together for the benefit of our small college with the big heart.

Good luck on your end of the semester papers and exams. I wish all of you a joyous holiday season and a new year of happiness and hope for a world at peace. ■

The Cairn Staff

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EDITORIAL

My Last Word

This is the last issue of The Cairn where I will serve as editor in chief. Because of many other obligations, I won't be able to focus my full attention on *The Cairn* during the spring semester. Not to worry, though. I have left the paper in very good hands because my managing editor, Kristina Collins, will take over for me.

I came to *The Cairn* with a lot of ideas and while some of my goals were not met, I believe we were able to improve the overall quality of the newspaper. The paper looks good, the stories are meaningful to the *Castleton* community and the writing is some *of the best* I've seen since I first came to this college.

I can't take the credit for the improvements to *The Cairn.* While I have worked hard as editor, the majority of the credit needs to go to *The Cairn* staff and Marjorie Ryerson's newsgathering class. The staff is small but the people who work on the newspaper devote a lot of time and effort in making The Cairn a quality college newspaper. For that, they should be applauded.

One of the things I wanted to do as editor that I was not able to accomplish was to improve the sport's *coverage. Castleton has* many strong sports teams but because *The Cairn* currently has no sports writers, it is hard for us to cover sports the way we want to. Kristina and I agree that the top priority for next semester is to increase the sport's coverage so starting with the next issue I will become the sports editor. This will allow me to focus only on sports and on getting more sport stories in the newspaper, while Kristina takes control of the entire paper.

Another reason I feel it is a good time to step down as editor is so that Kristina can learn to be the editor while I am still on campus to help her out. I believe the main problem *The Cairn* has had in the past is that the editor always leaves at the end of a semester or year and someone new is just thrown into the mix. Then it takes the new editor at least a month to learn the ropes and put a staff together, so everything is constantly in turmoil. Doing the turnover this way will allow Kristina to have things in place going into next year so everything should run much more smoothly.

> "I would like to end by thanking everyone who helped make The Cairn a college newspaper of *which we can all be proud.* When I say everyone I mean students, professors, staff and administrators. Without all your help, the paper would be nothing."

I would like to end by thanking everyone who *helped make The Cairn* a college newspaper of which we can all be proud. When I say everyone I mean students, *professors, staff and administrators.* Without all your help, the paper would be nothing. I believe we have made great *strides with The Cairn and* I am confident that Kristina will improve the paper even more in the next year. Thank you for giving me a chance to be the editor of *The Cairn.* It is truly an experience I will remember for the rest of my llife. ■

Tom Casale
-Editor-in-Chief

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Castleton's Virtual Road Trip

Kyle Vinton
Cairn Contributor

A new project is underway here at Castleton by Director of Career Development, Judith Carruthers, Director of Community Service and Internships, Chrispin White, along with several Castleton students. The project Virtual Road Trip will be Castleton's version of the Road Trip Nation. Castleton is an active participant in Road Trip nation and will be visiting our campus this spring.

In reference to the Virtual Road Trip Judith Carruthers said "Chrispin and I are working with students to develop a video library on topics of interest to them." Virtual Road Trips focus is to provide different majors with informational video interviews of persons of a specific major and individuals who have graduated and out in the work force, which will soon be released on DVD. According to Carruthers the Virtual Road Trip will provide real answers to real questions that students may have. Not only will it be information on different majors, but for any issues of importance and interest to Castleton students, jobs for the physically disabled, along with several topics of the grass roots level.

Interviews have taken place and Virtual Road Trip is well underway. Castleton Alum Ryan Barry a recent Castleton Graduate was interviewed in November. Barry is currently working in the Public Relations Department of Rutland Regional Medical in Rutland. Also interviewed was Skye Barsch currently a Journalist for the Times Argus in Montpelier. "Skye Barsch Castleton Alum and Communications Major...just won a Rookie of the Year Award for journalism," said Carruthers. These video interviews will give Castleton Students valuable feedback on what careers and options will be available to them upon graduation.

Carruthers along with Sophomore Ben Wimett went to Vocational Rehabilitation Office of Rutland and interviewed three physically disabled individuals, "to discuss the needs and resources available for students with physical disabilities and how Castleton Career Development Office can work with them to help their dreams come true," said Carruthers. The individuals interviewed are all very successful in the work force. Interviews help those with physical disabilities learn about the opportunities of careers and jobs upon graduation from Castleton. "You need to be motivated and willing to find ways to go around obstacles. You're not always going to be able to take a straight and narrow a path as are able-bodied colleagues," said Wimett, and "If you can be a problem-solver from day one, your employer is going to see that."

On Friday December 3rd students interviewed for a video titled, "What can I do with a History Major?" Castleton's Marking Director, Ennis Dulling and Dean of Administration William Allen were interviewed, "they are both History Majors who are not currently working in the area of "History" but who use their degrees in important ways on a daily basis," said Carruthers. Also interviewed on December 3rd was Professor of History, Jonathan Spiro on what you can do with a history major and how has majoring and working the history field impacted his life. These interviews will also be available for viewing on DVD very soon.

Some of you may have tuned into hear Carruthers program Career Talk on 91.3 WIUV, which Virtual Road Trip will expand upon. The audio of each interview will be playing on air and the actual interviews will be aired on the campus's Green Channel once completed. Once these interviews are held and the video footage is edited these interviews will be available on DVD.

Coming soon to be released on DVD will be interviews held on the Oct 26th Career Fair, which will be a "production by Kristina Collins and Adam Hamdan, that highlights interviews with about 10 different recruiters."

ROAD TRIP continued on page 4

Higher Ground Re-opens

Higher Ground, the popular nightclub and music hall that operated for six years in Winooski before closing in April, reopened on Thursday, December 2, 2004 in South Burlington, Vermont. The new facility is located at 1214 Williston Road in the former Merrill's Showcase Cinema building, next to the Alpine Shop/Cheese Traders and across the street from Al's French Fries.

Higher Ground reopened with a performance by legendary San Francisco group Hot Tuna performing an acoustic as well as a rare electric set. For a complete list of our concert schedule please see the attached list or check online at www.highergroundmusic.com

Higher Ground has two distinct show rooms and was designed for multifunction operation. The large venue, simply called the Ballroom, will host national touring bands with larger followings and is nearly twice the size of the old Higher Ground. The second, smaller room, called The Showcase Lounge, will host a variety of entertainment and functions, including a comedy series, local and regional bands, televised sporting events, private parties, and DJ dance nights. The Showcase Lounge will be open nearly every night.

Higher Ground is directly off Interstate 89 (exit 14E) and offers ample free parking. The interior features unobstructed sightlines of the stage, a full kitchen facility operated by premiere caterers Roy St. Pierre Catering, raised platforms, 3 spacious bars, VIP lounges, a full box office, coat check, sound attenuation and acoustic treatment, and one of the best sound & lights systems in the Northeast.

"We're very excited about our move to South Burlington and now look at our forced closure in Winooski as a unexpected opportunity to grow. We've literally gutted the old Showcase Cinema, leaving just the outside four walls and designed the nightclub and music hall from the ground up creating one of the best concert halls in New England. We wanted the ability to have two functional spaces, one of which will be very large, but still not lose the intimacy that our patrons came to expect and love at the old Higher Ground, " said Kevin Statesir, General Manager of the venue.

The new nightclub and music hall will open in several stages. On December 2 only the Ballroom opened. The Showcase Lounge, as well as the full kitchen and other functional parts of the venue, will open several weeks later.

Tickets for Higher Ground shows can be purchased online at www.highergroundmusic.com or by calling 888-512-SHOW (M-S 10-6pm). Ticket s will be available at Pure Pop Records and at our box office. ■

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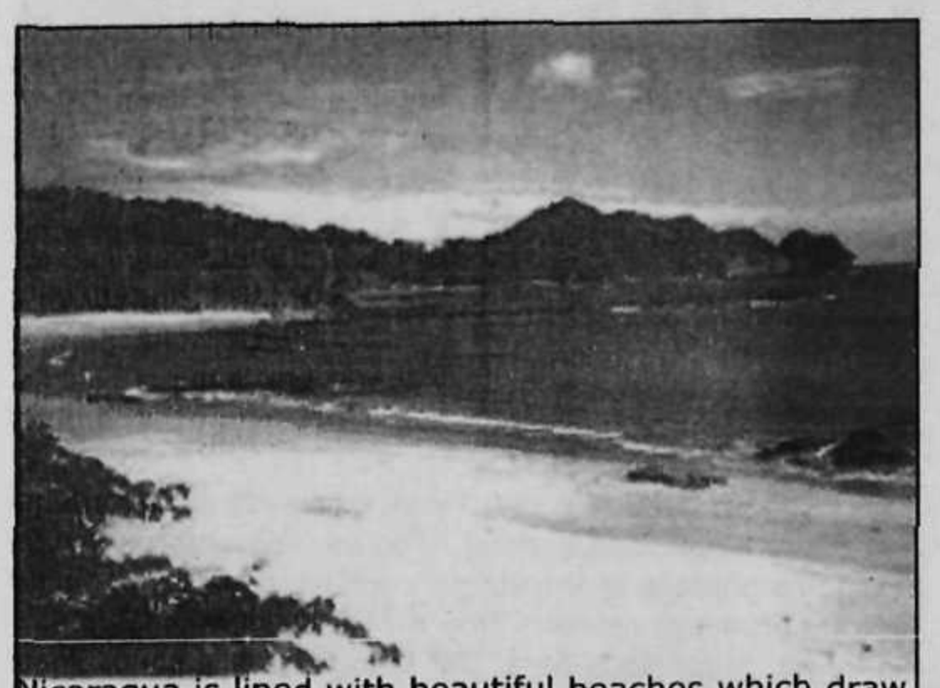
Alternative Spring Break Goes Back to Nicaragua

Becky Seguin
Cairn Staff

For the past ten years, Castleton has offered students the opportunity to participate in the college's Alternative Spring Break (ASB) program. The program is run by students and is advised by Castleton's Community Service and Internships director, Jan Rousse. The mission of Alternative Spring Break is to promote service at regional, national and international levels through break-oriented programs that immerse students, faculty and staff in different cultures while increasing social awareness and promoting life-long community service. This will be Castleton's eleventh year of participation in the Alternative Spring Break program.



Nicaragua is lined with beautiful beaches which draw tourists every year.

Photo from: www.yahoo.com

This year, students will return to Nicaragua to work with underprivileged families through Project Chacocente. The goal of this program is to move ten families out of La Chureca, a dump that is home to more than 100 families. Nicaragua is the second poorest country in the Western Hemisphere. Eighty percent of its population lives in poverty. Project Chacocente will create a new community that will offer these families land on which to grow their own food and build their own houses. It will teach basic educational skills that can lead to employment. The families that participate in Project Chacocente make a commitment to study and to learn marketable crafts or vocations such as carpentry. Families that participate in the project for five years will receive the deeds to their property.

While in Nicaragua last spring, Castleton students helped build two kitchens and dig several holes to plant plantains—a starchy fruit that is a dietary staple in tropical climates. Last year's students also brought dental supplies such as toothbrushes and tooth paste, dental floss and fluoride tablets to distribute to the Nicaraguan families with whom they worked.

Sonya Reynolds, a recent Castleton graduate and Alternative Spring Break participant, will return to Nicaragua next month to teach fifth and sixth grade home-schooled students. When describing her previous ASB experience, Reynolds said, "We got close to families and connected. A lot of the parents are our age. They welcomed us with open arms and shared everything they had with us." Reynolds was able to communicate with the families using broken Spanish. She said that it was a "healing process" for the families to talk about having had to live in a dump.

Audra Grady, one of this year's student leaders, described Alternative Spring Break as being one of her best experiences while attending Castleton. "I have been inspired by ASB and other community service programs here at Castleton to keep my passion to serve going," Grady said. "I know that ASB has made me a better person. I know that I have left an impact on someone else's life. If nothing else, the people of Nicaragua know that there are people who care."

To participate in Alternative Spring Break, students must show an interest by attending meetings, filling out applications, and submitting letters of reference. Students must also go through an interview process before being selected. Students pay a non-refundable $80 deposit toward the trip. All other trips expenses are raised through on-going fundraisers. This year's goal for ASB participants is to raise $20,000, which will cover their plane tickets, housing and food for the week. Boxes have been distributed on campuses for refundable-deposit soda bottles and several ASB fundraisers are being held throughout this academic year. They include such events as raffles and a spaghetti dinner. For more information regarding Alternative Spring Break, contact Jan Rousse at Jan.Rouse@Castleton.edu or stop by her office on the second floor of the Moriarity Coffee Cottage. ■

Castleton Students Produce Documentary about Homelessness

Scott Lanphear
Cairn Staff

Students in Prof. Robert Gershon's documentary workshop class have been busy filming a documentary about homelessness and poverty in Rutland. The project is part of a dialogue on poverty instituted by Lillian Jackson's social work class.

Gershon said that the goal of the documentary is to get people to see for themselves what's happening to the homeless population in Rutland. He said that it is easy to tell people about homelessness, but telling people may not have the impact of actually letting them see the situation up close. "That's what documentary does," Gershon said.

Gershon hopes that the documentary will impact people's view of the homeless situation in the area. "The more people know about and actually feel what's going on, the more society will be able to improve the situation of the homeless," he said.

The documentary will be completed the last day of exams, and Gershon said it might be used as a Soundings event next year.

Two students involved in the project are Justin Davis and Lisa Linehan. These students said that they hope the video will provoke legislators to enact legislation to improve the homeless situation. By showing the real situation of homelessness instead of just giving statistics, they hope the documentary will have a bigger impact. Linehan said that she learned a lot about homelessness from filming the documentary. "I used to think people put themselves in that situation," she said. "Being there and seeing the situation changed my opinion on how people become homeless."

Professor Tom Conroy's public relations class is also getting involved, sending press releases to newspapers in the hometowns of the students filming the documentary. Conroy said he hopes that sending these releases out into the media will make the students involved feel good about what they are doing and will help publicize the students, the college and the project itself. ■

ROAD TRIP continued from page 3

As these interviews are gathered more DVD's will be released as the Virtual Road Trip progresses and grows over the coming semester.

Carruthers said, Chrispin White "is pulling together a list of interesting folks to interview in the area of sports. That will involve a road trip soon!" Looking forward to the progression of the Virtual Road Trip program here at Castleton, Carruthers stated that, "These videos will be run on the Green Channel soon!" ■

NEW CLASS continued from front page

soul deciders of 400 people's graduation," she said.

A problem with this election was that only 10 percent of the student body came out to vote. "(The elections) were in Huden. How many commuters go to eat at Huden?" Ringuette said. In the next election he suggested having two voting places like the Coffee Cottage and the Campus Center, where the elections are usually held.

Hogue explained that there was such short notice on the elections because there wasn't a Chief Justice or college court in the Student Association until right before elections. "Chief justice and college court are the ones who are supposed to run the elections but since no one ran for them, so we had to wait (for someone to take office). In the past there's been not much more than 10 percent who voted but 10 percent have voted when college court had been filled (and everything ran on time)."

Morgan explained why there was a low voter turnout. "The main problem on this campus as far as elections go is the lack of participation by students. As evident on the people running for positions, there were only three names on the ballot (for the junior class) and many people figure they won't vote because of this. It is also largely viewed as a popularity contest, as many elections are. I don't like seeing this because all of the people on the ballot were running for the right reasons, not as a popularity contest or as one more thing to add to a resume. We all care about Castleton and want to be active in the decisions that go into our college graduation and the decisions for our class as a whole." He hopes to see more student participation in the future, with either voting, running for an office or helping out with the election process.

"Its up to the students to read emails and look at posters and vote because then they shouldn't be complaining and say 'oh this isn't happening or this is'," stated Hogue.

Ringuette wrapped up the feelings of the three of them: "(students) have to speak up to be heard."

You can contact Mark Ringuette at: Mark.Ringuette@Castleton.edu, Tara Hogue at: Tara.Hogue@Castleton.edu, Ira Morgan at: Ira.Morgan@Castleton.edu ■

Castleton Ranks Second in ACSM Event

Kristina Collins
Managing Editor

Twenty-six Castleton students made a strong showing at the American College Sports Medicine Conference in Providence, Rhode Island last month. The students, athletic training and physical therapy majors, spent November 11 and 12 meeting and hearing from professionals in the New England Region chapter of the ACSM.

Students planned out their game stratagy before going in for the competition

Photo by: Tasha Gilman

The highlight of the conference was the PT College Bowl. Senior Tasha Gilman and Matt Vosburgh competed in the completion against (5) different schools and placed second in the hour-long competition.

The two had 30 seconds to answer questions. Gilman said that Dr. Lara Carlson asked her to participate in the contest two weeks before classes began in August. She prepared for the test by tutoring her peers, flashcards, and taking exams from different courses in her major.

Gilman said that she was nervous, but when the officials started asking questions, she said, "Wow, I know this. It felt really good."

Castleton joined other schools at the competition including U-Mass Boston, Southern Connecticut University, and Westfield State. Gilman said that ACSM representatives were happy with the large turnout with Castleton students. She advises competitors for next year to have confidence and prepare with course materials and exams. ■

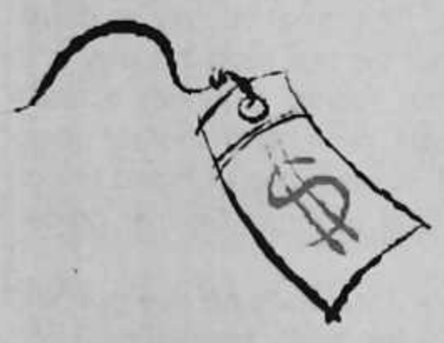
Black Friday: A Study in Culture

Jesse DuRona
Cairn Staff

Part One: identifying the concept

Ah, Black Friday. The day after Thanksgiving, millions of shoppers get out of bed early in the morning in order to stand in the freezing cold, waiting for the local shopping center to open. What is their goal? To be the first in line for the big sales advertised in the newspaper the day before.

The term Black Friday did not enter my vocabulary until only a few year ago. A day where everyone went out to shop just seemed like any other weekend to me. Black Friday is a shopping tradition. Stores advertise big sales on this special day, and early Christmas shoppers jump at the opportunity to save money, even if it means fighting a crowd.



But Black Friday is not just a day of nationwide store sales anymore. With the special promotions, the anticipation of shoppers, and the fact that it actually has a name, black Friday can now be considered a holiday. Before this claim can be substantiated, however, a certain criteria needs to be filled; the means as to which a cultural ritual can become a holiday:

For one thing, it must have a theme. Christmas celebrates the birth of Christ, Easter commemorates his resurrection, Halloween is reminiscent of All Hallows Eve, and Thanksgiving is based on the first Puritan feast. Black Friday has no miracles or traditions to back up its holiday status. It cuts the out middleman and skips right to what every holiday is truly celebrating under all the folklore: consumerism.

Another ingredient for a good holiday is that it has to have a strong legend surrounding it. For instance, Halloween is supposedly the one night of the year where the spirits of the dead can return to Earth. I suppose if Black Friday had a legend, it would go something like this:

Once every year, the people of the nation travel in masses to their local shopping centers, where festivals of good trade will take place. This act celebration pleases the gods, and good economy is granted to the people for another full year.

It is now safe to say that Black Friday is indeed a holiday, but now the question is: where did it come from? Most holidays are born from their legends, but this does not work with Black Friday's, so where does the answer rest? The only logical answer is that it was invented by our good friends at corporate America.

While it's true that most holidays have become tied to merchandise (like Christmas, with its nicely wrapped gifts), they were born from some idea that existed before consumerism became so important in society. Black Friday is one such holiday that was invented just to keep corporate America happy. One particular holiday which was also born this way is Valentine's day. I'll admit that giving sweets to the sweet is a nice gesture, but it was created just to keep the wallets of candy and card companies fat. If there ever was a legend to Valentine's day, nobody remembers it anymore.

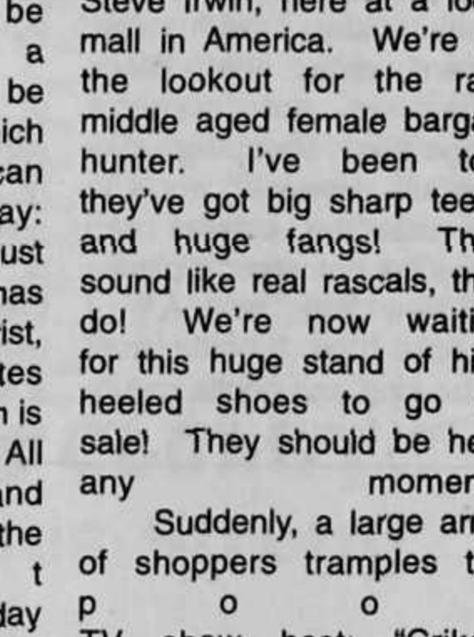
Black Friday is a particularly interesting holiday because of the myth surrounding it. Many people I've talked to are afraid of it, despite the opportunity of a good deal at Staples. They've heard rumors of people fighting in the aisles over the last Nintendo DS, or the newest G.I. Joe action figure. I couldn't help but wonder if Black Friday is like watching the Crocodile Hunter in a mall:

"Alright mates! I'm Steve Irwin, here at a local mall in America. We're on the lookout for the rare middle aged female bargain hunter. I've been told they've got big sharp teeth, and huge fangs! They sound like real rascals, they do! We're now waiting for this huge stand of high heeled shoes to go on sale! They should be here any moment!"

Suddenly, a large army of shoppers tramples the poor TV show host: "Crikey! They're stomping on me, they are! That's alright though, they're just protecting their territory!"

Part Two: investigating the myth

With all of the hype floating around about Black Friday, I decided that it was my civic duty to see if such horrors were really true. I grabbed a tape recorder, a pair of fast shoes, a helmet, and I was on my to the local mall.



At about 2:00 p.m. on November 26th, I visited the mall in Burlington. What better place to look for shopping riots than the largest city in Vermont? My first fear regarding this endeavor was finding a parking spot once I arrived. I envisioned fender benders as far as the eye could see, like a giant centipede of cars stretched out on the lot. When I arrived at the facility, however, I was met with little to no resistance. I was even able to secure a parking spot in record time (I moved in on a spot that a woman in a large SUV gave up on).

The mall doors had opened at 3:00 that morning in honor of Black Friday to let people wait in the warmth for all the stores to raise their gates. Kaybee toys told me that they opened at 5:00, which was understandable, since the first thing most people would be clamoring for is toys for the kiddies.

As I walked through the mall, I noticed that the crowds were not very sizable. The air of an impending mob was not thick in the air. I decided to do some investigating, which led me to a security guard near a flashy sportswear store. Upon asking him if there had been any trouble on such a special occasion like Black Firday, I was delivered the sad news that everything had been normal all day. His primary concern was shoplifting, so he was handing out memos to each of the stores, reminding them to be watchful.

After being assured of shopping safety, I went into Pac Sun to try on some winter hats. During my browsing, I was accosted by two friendly salespeople who gave me a scripted

BLACK FRIDAY continued on page 7

Student Creates "Ice Cold Vodka"

Dawson Raspuzzi
Cairn Contributor

While most Castleton students went home for October break to relax and enjoy a week off, one student, Ray Charles, began a work that may be remembered forever. Ray Charles, a junior at Castleton, is majoring in theater arts. During fall break he got the idea to write a screenplay. With the simple line, "I'm working here," Charles expanded a few thoughts and ended up with "Ice Cold Vodka," a play about different scenarios in people's lives that they must go through. In all, the play took two weeks for Charles to finish writing, but it will take until mid February for it to be ready to be performed.

> " 'It was hard having friends audition for parts in the play, and sometimes having to say no to them. ' "

At the beginning of his fall break, Charles decided that if he wanted to make a name for himself in theater, he would have to take the initiative. That's exactly what he did. After he wrote the play, his next step was to write a proposal to the head of the theater department, asking for permission to produce the play at Castleton State. The head of the department agreed to have "Ice Cold Vodka" performed, and how to help with the funding of the production.

Charles has acted in many plays in his three years at Castleton, but this is his first chance to direct a play that he has written. Charles has written other plays before this one, but none of his previous plays has been performed on a stage as large as the Fine Arts Center.

As the play's director, Charles is in total control, affording the play the opportunity to be performed exactly how Charles intended and envisioned it to be. Charles was responsible for the casting of the play, something he completed in late November. The casting, Charles said, was the hardest part of the production so far. "It was hard having friends audition for parts in the play, and sometimes having to say no to them," he said.

Charles is also in charge of the sets and props being used in the play. Charles spends approximately 10-12 hours a week working on the production, and does not expect to cut down these hours until after the play has been performed.

"Ice Cold Vodka" will be performed in the Fine Arts Center Feb. 16 and 17. Both performances will be free for those who attend. Although the play is not expected to be a Soundings event, Charles still hopes for a large turnout. After "Ice Cole Vodka" is performed at Castleton, Charles will submit his work to the American Culture Theater Festival later in February. If he takes first place at the festival he will receive a large scholarship towards school, and even more importantly for him, fame and recognition.

Promotional parties for the play will be held on campus in the second semester to promote "Ice Cold Vodka." ■

The Incredibles are Truly Incredible

Disney and Pixar's newest creation The Incredibles, is once again a hit that spans generations like all the movies that preceded them. When you go to see the *Incredibles in the theaters you* will notice the diversity of the crowd. You will see young children all the way to middle aged adults, who aren't accompanied by children but are going to see the film for their own *enjoyment.*

Lindsay Hale
Asssociate Editor

Photo from: www.moviezine.se

The story is about a sub society of superheros that are forced into hiding and *not allowed* to use their super powers any longer, due to a horrific accident. Bob Parr, once upon a time was called Mr. Incredible we forced into civilian life along with his wife and three children whom all have their own super powers. Through out the film Bob is constantly searching for ways to use his powers where he won't be caught. Bob is suffering a mid life crisis but instead of picking up a new girlfriend or buying a new hot rod he is defying his wife and society by using his powers. Bob's search for places to use his powers ends up in big trouble against an enemy that has been a big pest from the beginning, a childhood fan gone bad.

The Incredibles band together to face evil and end up reversing the whole superhero in hiding movement, where once again they can use their powers in public and be who they really are. This movie will not only make you laugh you will leave the theater feeling all warm and cuddly inside. I enjoyed this movie greatly and urge people to go to the theater now and see it before it is released to video. ■

Would You Like to Super Size That?
"Super Size Me" Review

Over Thanksgiving break I rented the documentary "Super Size Me," described on the box as "a film of epic portions." The writer, director and producer of the film, Morgan Spurlock, exclusively ate a McDonalds' diet for an entire 30 days. Fast food breakfasts, lunches, and dinners made their way from the industrial grills of a number of different McDonalds' around the United States into Spurlock's healthy body as he passed through some of the fattest cities in America. His weight shot up drastically, waxy cholesterol built up in his hardening arteries, his blood pressure increased, his liver began to "pickle." A team of doctors urged him to quit the project, and even Spurlock himself feared a little for his life near the end of the experiment.

Jonathan Hoots
Cairn Staff

Morgan Surlock went on an all McDonald's diet for 30 days straight.

Photo from:www.thezreview.co.uk

Besides this fast food freak show, which, with my *jaw hanging agape I watched* as Spurlock chocked down a double quarter-pounder with cheese and a biggie size fry, (later to be vomited onto a *parking lot) there was a* bunch of information given about the fast food industry, (McDonalds in particular) their business practices and selling strategies.

The experiment continued, and an informative sub-plot unfolded, explaining the global impact of the restaurant chain in question. McDonalds has become embedded in American culture and is sinking into the everyday lives of people all around the world. It is present in (if I remember correctly) 36 countries. In Manhattan there are four McDonalds for every one square mile of the island. Catchy jingles and "happy meals" entice children to stuff their faces with genetically altered chicken meat or beef patties that contain parts from one thousand or more cows. The great obesity epidemic of the twenty-first century is upon us, and the question of whether the fast food industry is to blame comes into focus more than once during the course of the movie. Spurlock actually develops a weird sort of dependence, in a way, to the food he eats, prompting another question about the addictive qualities of the scientifically engineered meals being pumped out on grease-stained conveyer belts and sold under the welcoming light of those familiar golden arches high above the long lines at the drive thru.

I highly recommend the DVD version of this film because it includes an eye opening interview with Eric Schlosser, author of "Fast Food Nation," and a few really interesting deleted scenes, namely one called "The Smoking Fry," which could also rightly be called "The Eternal Fry." Rent it and you'll understand what I'm talking about. "Super Size Me" is an activist documentary to be sure, but it is also equally entertaining, and the arguments brought up within the context of a man subjecting himself to a fast food diet are easy to swallow because they come wrapped in a sugary glaze of satire. If you have nothing else to do on a Saturday night or a Tuesday morning, rent this film. ■

BLACK FRIDAY continued from page 5

speech about a discount they were having at the store. I say the same two proprietors give the spiel to a number of other customers during the day as *well. After saying the* lines so many times, I wonder if they go home and dream about being doomed to say them until the day *they die...*

I then started to skulk about, talking to any clerk I could find. I soon discovered why I was not currently overwhelmed my mobs of people: the really good sales on Black Friday only went on in the morning, so I would have seen much larger crowds had I arrived s o o n e r .

I was at a loss. The mall was nothing special, so where could I go where I would be assured to stumble across a large crowd of shoppers? Only one place came to mind; the mightiest conglomerate of all: Walmart.

So I drove a little further south into Williston, where the local den of evil (my personal name for the store) resided. Once again I was faced with surprising results. I easily found a spot in the parking lot, and the store was only moderately crowded above standards. I found out that Walmart had opened at 6:00 in the morning, and people were lined up *outside starting at 1:30. I* was too late for the rush here as well. I figured even in the afternoon that Walmart of all places would *have had a stronger* shopping armada for Black Friday, but it was just as tame (if not more so) than the m a l l .

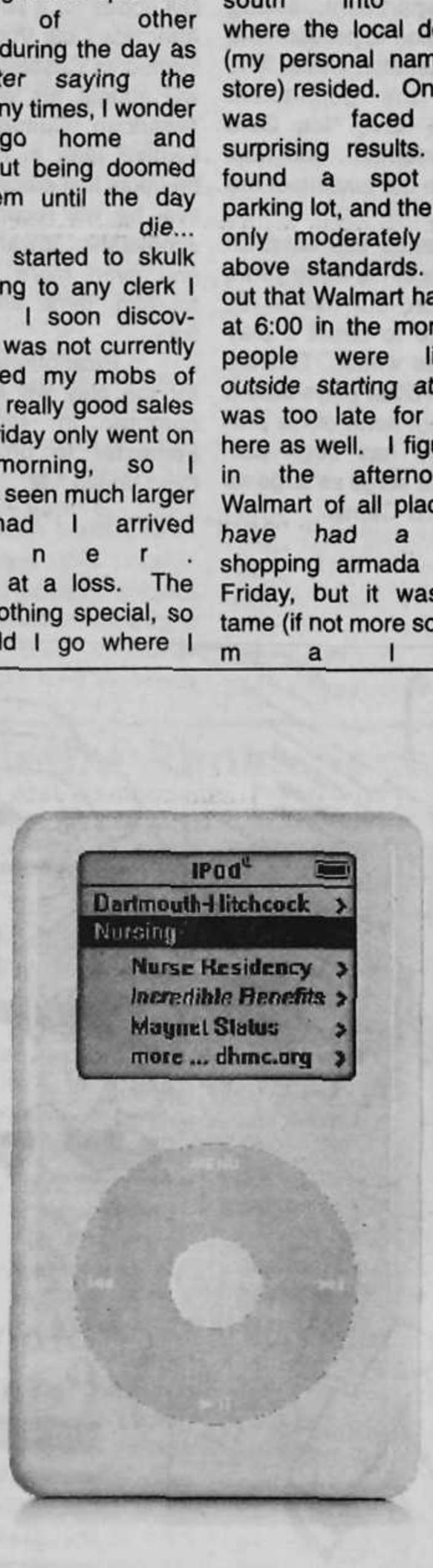
Despite the total lack of a mob, I read that Walmart cleaned up in profits this year. They took in over 4 million dollars on Black Friday, a 15% increase over last year. It was interesting to find out that I was there for record breaking shopping, even though it didn't really look like it at the t i m e .

Part 3:

the conclusion

In light of my failure at witnessing *riotous frenzy* during my adventure on Black Friday, I can safely say that I proved nothing. I could easily say, with my *current data, that* Black Friday is not such a dangerous shopping day after all. However, who's to say that the crowds and chaos are not larger is places like New York, or L.A.? I suppose that I could trust in the kind and gentle nature of the human race and *assume that it is the same* all over the nation, but I tend to be one of those people who grow clinical during the holidays.

Black Friday is just one of those things that is either loved or hated in society. Much like any other holiday, it all depends on who is asked. I think that the rare middle aged female bargain hunter, would have a few more positive things to say about it than I do. ■



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Carlson Pushes Students to the Limit

Tom Casale
Editor-in-Chief

Castleton State Professor Lara Carlson has plenty of experience when it comes to strenuous physical training. In the early '90s, Carlson was ranked 7th in the nation in the women's hammer throw. Carlson has competed in National Championships, World Championship trials, Good Will Game trials and she just missed competing in the Olympic trials.

During her time as a nationally ranked hammer-thrower, Carlson noticed that when she trained strenuously, she became either very run down or sick. Studies showed that endurance athletes after strenuous training stood an increased chance of acquiring an upper respiratory infection. No studies, however, had been done on the affects of strenuous exercise on the immune system with regard to weight training.

Since Carlson always felt run down or sick during her heaviest training periods and because many of her fellow athletes experienced similar problems, she decided to take a deeper look of the correlation between strenuous resistance training and upper respiratory infection.

Carlson decided to conduct her research at Castleton. The research project called "Immunocompetence and Endocrine Responses Following Acute Exhaustive Resistance Exercise," was funded by a $20,000 grant from the Vermont Genetics Network. Carlson was assisted with her study by athletic trainer Lindsey Hartshorn and student intern Nathaniel Robinson.

Ten Castleton ice hockey players with at least two years of weight lifting experience were used for the study. All the students in the study agreed to do the workout three different times. The first session was to get the students' baseline data in the lifts and to do paperwork. The next two workouts had each participant go through a 42-minute intensive training session.

Each student did 240 repetitions at 65% of the maximum weight they could lift in each exercise. The lifts were performed at a 2:2 cadence from a metronome. The students were given only one minute between sets to rest and had to fast for 12 hours prior to their workout session.

Carlson said the students were dead after the testing. She joked, "Some of the students literally collapsed after their workout, making drawing blood a lot easier."

Carlson designed the study to be closely monitored and tightly controlled. Each student had blood drawn and a saliva sample collected three times during their workouts: immediately before and after exercising and 90 minutes after the workout was completed. The students were given a drink before, during and after their training session.

The students drank either a placebo beverage or Powerade that contained a glucose polymer. Since the study was double blind, neither Carlson nor the students knew what they were drinking during the testing. All the drinks were supplied to Carlson by Coca-Cola.

"The study is measuring intense resistance training, not just a regular workout," said Carlson. "I want to make that clear. I don't want to scare people away from working out."

Carlson wants to see if the increase in carbohydrate consumption lessens immunosuppression by decreasing cortisol levels. According to Carlson, the stress hormone cortisol is the reason why carbohydrates would have an affect on the immune system. "Cortisol has been implicated with a suppression of the immune system, especially the production of t-cells and antibodies," said Carlson.

According to Carlson, most of the data has been analyzed but she is still waiting for some key information to come back so that she can go over it.

Next summer, Carlson will present the findings of her study at the American College of Sports Medicine, the National Strength and Conditioning Association and the Vermont Genetics Network. Carlson is also hoping to get her study published in the journal Medicine and Science in Sports and Exercise.

Carlson has applied for future grants with the National Institute of Health and the Vermont Genetics Network. She says that she tries to make her studies as practical as she can. "There is science, research and the real world. I believe I teeter between all three. I try to have my studies mimic a real-world workout. I try to make them scientifically sound but not turn away from the practical application."

Carlson is currently looking for student interns for her next study. The internship will run from May 2005 to May 2006. Students interested in working with Prof. Carlson can reach her at lara.carlson@castleton.edu. ■

Spartan Update

Women's Basketball 5-2

Men's Ice Hockey 0-7

Men's Basketball 3-6

Women's Ice Hockey 2-7

Killington Rings the Bell for "The Main Event"

Patrick Fenelon
Cairn Contributor

Killington Ski Area will host "The Main Event" snowboard contest, Sunday December 19. The event is open to the public. Men and women who enter in the pro division will be competing for cash as well as for wild card invites to the U.S. Open Snowboarding Championships at Stratton Mountain in March. An amateur division is also available for participants who will win other prizes from sponsors. This contest is the first of a series of four to be held at the best East Coast mountains, in search of the best East Coast riders.

The format of the contest will be a "Mini Slope Style." Riders will hit a big air jump followed by a rail. The panel of three judges will award points to each rider based on execution, difficulty, and style. All riders will have two runs to show their stuff. The top five riders will advance to a jam format final where one winner will be chosen in each division.

"I am excited about it," said Castleton snowboarder Peter Ianacone. "It is a good opportunity for us Castleton folk to make some money and get into a big event like the Open." Many other CSC snowboarders share this enthusiasm about the event and will be out there on Sunday, throwing down.

The Main Event at Killington is open to the first 100 competitors. It costs $60 to enter the pro division and $45 to enter the amateur division. Participants can register for this event online at www.maineventseries.com. This site also offers detailed information on the contest.

Main Events will also be held in New Hampshire at Loon Mountain on Jan. 29, Ragged Mountain on Feb. 13, and Waterville Valley on March 5. These contests will have the same format. ■

Cross Country Finishes Strong

John Klein
Cross Country Coach

The 2004 Spartan Cross Country season concluded in a biting wind and featured strong performances as well as promises of good things to come in 2005.

The season began at New England College and was highlighted by a top 4 performance from first year runner Katie Sprowl with senior captain Michelle Bird not far behind. Strong performances from Keenan White and Marc Newcomb set up some high expectations for the men.

A week later at Castleton's Spartan Invitational, Bird ran a strong race to finish just behind Maine-Farmington's Andrea Spearin to lead the Spartan women over Maine-Farmington (26-4) with Johnson (55) trailing behind. In the men's race, Keenan White placed second to Maine Farmington's Andrew Sweeney to lead the Spartans to a third-place finish (just 5 points out of second place).

At the Johnson State Lactic Attack Invitational, Castleton was lead by first place performances by White and Bird, respectively. Both runners lead from start to finish on a challenging hilly course. Yvonne Olney showed a strong kick to overtake two Norwich runners and secure second in the women's race. Strong Spartan performances continued October 1 at the Vermont State Championship: White's 13th place finish was good enough to garner second team all state honors for the second straight year. The women's race was dominated by defending national champion Middlebury, but strong performances by Bird, Sprowl and Beth Pantzer were good omens.

In the Southern Vermont Invitational at Bennington, Katie Sprowl used an extended finishing kick to first surprise and wear down defending champion Jean Tinelly of Johnson & Wales to win the meet. Bird was a strong third. The men's race featured speedy performances from White and Jace Klein to pace the Spartans.

In the conference championships at Johnson, the Maine-Farmington women's team avenged their loss at Castleton with a narrow victory, leaving Castleton with the second place trophy for the second consecutive year. Katie Sprowl again ran well, placing second on a tough course. In the men's race, White's injured knee kept him fromchallenging the Maine-Farmington team leaving him in 10th place behind teammate Marc Newcomb, who became a first team all-NAC runner as a freshman, a feat accomplished only by Keenan White and Kyle Moore in 2002.

In the New England Division III Championships a hard wind and freezing rain added to the challenge of competing against national powers Middlebury, Williams, Colby, Bates and Tufts. In championship meets, the women's distance moves up from 5 to 6K and at the longer distance Sprowl's performance was truly extraordinary: her minutes per mile average was 15 second faster than in her best 5k! Her 91st place (out of 280) was the best by a Castleton runner since the Spartans left the NAIA for Division III. Sprowl's performance along with good support from Bird, Pantzer, Olney and newcomer Ariel Delaney led the Spartans to a narrow win over Maine-Farmington, the second time in three meetings that the Spartans came out on top of the NAC champions. In the men's race Keenan White, still recovering from a knee injury, ran well to lead the Spartans.

Looking back, the season had its high and low points. The loss of Alan Dowling, who competed in one race before being called up for active duty (for the second consecutive season) was a painful loss, as was Ben Chirlin's recurrent foot injury. On the women's team, Amy Kaminski's decision that she would not compete along with a knee injury to Captain Becky Gorman were significant hardships. Nevertheless, for certain runners, Joey Wissler for the men and Beth Pantzer and Ariel Delaney for the women, teammates' injuries provided the opportunity to step and this they did. Their improvement and the resurgence of Kyel Vinton and Jeremy Gibbons will make the Spartans a better team next season. ■

Team captains Jace Klein, Kyle Vinton and Keenan White lead the Spartans.
Photo from: John Klein

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Ray Charles
Cairn Contributor

Today's Astrological Update...

We are still in the Age of Aquarius, the Age of Aquariuuuuuuuus. What does that mean? The innovations and intuitions that are coming to us all, is the real deal. We here in the Age of Aquarius are coming up on one of those holiday occasions that the world loves so much. It is that time of year when finding that special someone could make or break your New Year's (if you catch my drift). Let's check in with the signs for the month of December.

LEO: You're energetic, and people are more attracted to you; compromise and diplomacy are enhanced; athletic competence improves (But don't be a jerk about). You're on the brink of uncovering talents, creativity, and feelings that could change your life. Your voice, the written word, or close kin may be involved. A member of the opposite sex fascinates you, but gives confusing signals. Revise your goals in light of new information. A friend will help.

PISCES: The energy shifts over and passion surges into the picture you're developing for the future. The more conscious and aware you are of what you want, the more easily you'll find ways to manifest that in the near term future. Get serious about knowing your dreams. All endeavors you're already involved in could improve dramatically. Anything you begun now has good potential. Long-needed changes in your personal life are likely from now through February. You have deep insight and enough will power to reconstruct old worn-out habits and patterns that no longer serve you. In your love life, you're attracted to an unusual individual and secrecy surrounds the situation.

CANCER: Action is the name of the game for you, my homebody pal o' mine. This time is going to be quite exciting for you…but don't step on anyone's toes. Your own momentum can and will get you into a huge amount of trouble if you don't control yourself. You become more creative in the workplace this month. Wow, a more creative taco vender…the possibilities are endless! You're less inclined for large social functions, by recreation is up your alley.

SCORPIO: You're on a roll, and no one can stop you now. Attached Scorpios will be challenged to make your alliance feel brand new. It's a good time to let others know of your affection for them, either directly or by letter. Exciting changes at home or in your love life are in store. This month finds you socializing pleasantly. An elusive piece of the puzzle may have you on edge and your sweetheart may be wondering what is going on. Although the subconscious dimensions of your plight will not be known for a while, you can still provide some idea as to what is bugging you.

LIBRA: There is some restriction to your ability to communicate during this month. If this looks to damage a situation in the work place, express the desire to think a matter through before you make any sort of decision or comment. This impatient urge or petty argument by one or both parties may result in an all-out war. Try to maintain a level head in all situations. Your career depends upon your own ambition and drive, which are strong now. You are able to use good common sense, feel the trends and make the right moves.

SAGITTARIUS: The social agitation that has been in your life last month is coming to an end. The celestial energy for this month will help you to learn some lessons and prepare for the next cycle. It would be great if you had some success and honors, because this would help you confront the upcoming weeks, which will be a time of meditation and feeling a little bit disconnected from the world. It's set to alter your world in a catalytic way. By the 18th Venus moves into your sign. This planet symbolizes beauty, creativity and money sense too, but you may see it as a chance to overhaul those areas in your life that need trimming, including diet and enhancing, like clearing out that pile of clutter that threatens to get out of hand.

GEMINI: Have you been having some strange, exciting feelings as of late? This month you should be following your heart, my double-edged sword. You need listen to that air sign intuition. The stars are telling you something. You may be in line to find someone that could expand your mind. The future is bright for you Gemini, just as long as you act on more of your aggressive impulses. I'm not saying you should rob a liquor store. But you should allow yourself to be led by what you feel for a while.

TAURUS: Hey Taurus, can you smell that? It smells like heaven…but it's just financial promise. That's right! Take calculated risks this month and you will see results. But money isn't everything my long-horned buddy. You need some excitement this month. Why? I say this only because you're going to lose a little bit of your usual energy towards mid-month. Go out on some kind of adventure to keep your energy up. Don't get snippy with your friends and loved ones. You're going to be having quite a bit of 'those days'.

ARIES: You finally chill out! Your luck grows and grows until it can't grow anymore…unless you're just plain unlucky. Something is afoot this month. Put your heart and your soul into whatever 'it' is. Your witty, less war-like side comes out full blast just in time for the holidays. You know what Aries; you should continue being ambitious, because a person of power may be in contact with you (cross your fingers). In the love department, love at first sight might be a nice concept for you to accept…at least this once.

AQUARIUS: The cosmic weather is shifting at the beginning of this period and PASSION is becoming the number one focus. The clearer you are about what you want, need and long for from love, the more power you give the universe to create it. Be honest, be open, be yourself and be eager to explore what ignites. You and yours are sure to find the laughter and light conversation both refreshing and rejuvenating. The planets this month stimulate you to face up to some deeper and ongoing issues between you and your significant other.

CAPRICORN: A period of spiritual liberation and regeneration begins; assume control over your destiny, don't let others do it for you. You journey inward to explore inner thoughts and seek answers. While you are living your life, doing your days, taking care of business, moving towards the future your mind is absorbing information and insights and wisdom. It stores bits and pieces of encounters away. It adds experiences to thoughts and turns the thoughts into dreams.

VIRGO: Make wise changes and you'll reap long-term benefits later. Exasperation is likely when someone needs your help. You want to do what's right, but it means a sacrifice. On top of that, you feel guilty for hesitating to help. This is only natural – don't be too hard on yourself. Help out if you can; you'll be very glad you did. Try to compromise if you can, in order to avoid a needless controversy. Use your extra energy and drive to consolidate your holdings. It's a good time to make plans, but delay any sensitive negotiations or decisions until next month, if possible, when you'll be able to see things more objectively.

And there you have it guys and dolls. The Person of the People loves you all and wishes you a very, cherry, Gary, ferry, Larry, Terry, Merry Christmas…and an all right New Year's. Later!

Final Exam Schedule

Class Days	Class Time	Exam Day	Exam Time
MWF	8:00-8:50 AM	Saturday, Dec. 18	8:00-10:00 AM
MWF	11:00-11:50 AM		10:30-12:30 PM
MWF	2:00-2:50 PM		1:30-3:30 PM
M	4:00-6:30 PM		4:00-6:00 PM
MW	5:30-6:45 PM		4:00-6:00 PM
M	7:00-9:30 PM		7:00-9:00 PM
MWF	9:00-9:50 AM	Monday, Dec. 20	8:00-10:00 AM
MWF	10:00-10:50 AM		10:30- 12:30 PM
MWF	1:00-1:50 PM		1:30-3:30 PM
MW	4:00-5:15 PM		4:00-6:00 PM
W	4:00-6:30 PM		4:00-6:00 PM
MW	7:00-8:15 PM		7:00-9:00 PM
W	7:00-9:30 PM		7:00-9:00 PM
TTH	9:30-10:45 AM	Tuesday, Dec. 21	8:00-10:00 AM
MWF	12:00-12:50 PM		10:30-12:30 PM
TTH	2:00-3:15 PM		1:30-3:30 PM
TTH	3:30-4:45 PM		4:00-6:00 PM
T	4:00-6:30 PM		4:00-6:00 PM
TTH	4:00-5:15 PM		4:00-6:00 PM
TTH	5:00-6:15 PM		4:00-6:00 PM
TTH	6:30- 7:45 PM		7:00-9:00PM
T	7:00-9:30 PM		7:00-9:00 PM
TTH	8:00-9:15 AM	Wednesday, Dec. 22	8:00-10:00 AM
TTH	11:00-12:15 PM		10:30-12:30 PM
MWF	3:00-3:50 PM		1:30-3:30 PM
TH	4:00-6:30 PM		4:00-6:00 PM
TH	7:00-9:30 PM		7:00-9:00 PM

Campus Calender

December 15: Coffee House: Massage Therapist @ TBA

December 17: Late Night, Open Mic at Fireside @ 10:30p.m

December 18: Late Night, BINGO at Fireside @ 10:30p.m

December 19: Almost Midnight Breakfast at Huden @ 10:00p.m

December 22: Resident Halls close @ 6:00p.m

January 17: Resident Halls open @ 10:00a.m

Have a Good Break and Happy Holidays!

The CSC Alumni Association Board of Directors
Wishes all CSC students Good Luck
On their final exams.
A special Good Luck
To those seniors who will be calling these
"final exams!"

REMEMBER
"If you want the rainbow, you have to put up with the rain."
(unknown)

The Cairn

The Student Newspaper of Castleton State College

Wednesday, March 16, 2005

Why Freshmen Fail

By Krstina Collins
Cairn Staff

There are 71 missing faces from campus. At the end of the fall semester, the registrar's office dismissed 71 students for academic reasons and placed 98 students on academic probation.

In order to hold academic standing, students with fewer than 30 cumulative credits must hold a 1.75 GPA or higher. Students with 30 cumulative credits or greater need to maintain a 2.0 GPA or higher to stay in school. When students fall below these averages, the registrar either places them on academic probation or dismisses them, depending on the situation.

"This was one of our biggest semesters, but we also have more students than ever before," said Meredith Trude, assistant to of the Academic Deans' office said.

While the bulk of probations and dismissals include freshmen, Honoree Fleming, associate academic dean explained that the college works with first-year students to encourage success. She said the leading reason for failure is students simply do not go to classes.

When students first come to Castleton, "first year student" seminars and the "SOS" student-motivated program introduce the new students to college. Academic advisors are often the student's first-year seminar instructor and help with scheduling and course load concerns.

The next step for help is the Academic Support Center. The center, located on the first floor of Babcock Hall, helps students academically, but also with time management.

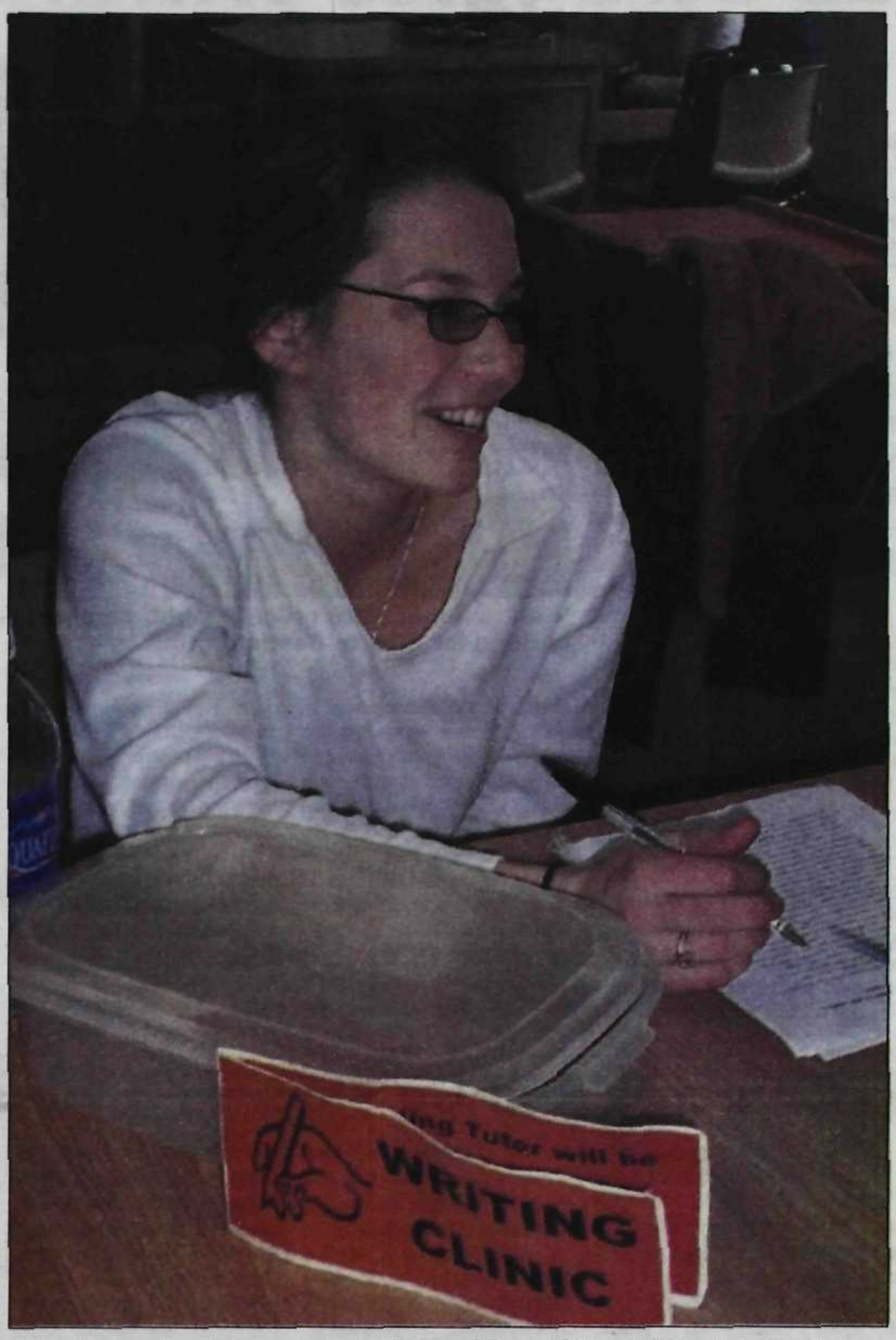
"I think that Academic Support actively reaches out to students," Fleming said.

In fact, some students are admitted to the college conditionally because of grades. These students may take up to 13 credits and must meet with the center's staff throughout the semester, she said.

Fleming said many students come to college and have much less class time than high school with a lot of work outside of class ,which the student may have never done work outside of the classroom. This is another time management issue that Fleming said could be solved by the Academic Support Center.

Beyond the academic environment, residence

See Fail page 6



Lisa Antonik makes use of the writing clinic at the Academic Support Center.

Photo by: Beth Pantzer

"I think that academic success and personal development go hand in hand."

Dennis Proulx,
Director of Residence Life

Herd It at School

CSC Professor Raises Alpacas as investment

By Nancy Golash
Cairn Staff

One Castleton professor has found a retirement investment that is wooly and cute.

Phil Weaver is an Adjunct Business professor who teaches computing courses on campus, but on the side, he also raises alpacas at his small farm perched on a hill overlooking Granville, N.Y. Alpacas—a breed of llama—are raised for their luxurious, high-quality wool. They are originally from South America, and are relatives of the camel.

The farm was established in the year 2000. Weaver explains that alpacas are a good investment, "because they're considered depreciable livestock, they depreciate over five years."

The Web site, "I Love Alpacas.com" promotes alpaca breeding. It said that the animals are easy to keep, completely insurable, and offer significant reductions in real estate taxes—with the added benefit that they are fun to have around.

John Paul, Assistant Director of Castleton's Center for Schools, recently stopped by to chat with Weaver. Hearing about Weaver's reasons for becoming an alpaca farmer, Paul raised an eyebrow. "You can depreciate livestock like you can (depreciate) tractors?" he asked.

When asked what he thinks of the whole idea, Paul said, "The benefits for the agricultural point of view are great, if he's getting a good tax write-off that's great, if he enjoys what he's doing in the process, that's exceptional."

Weaver started his operation with one alpaca,

See Herd, page 6

Testicular Cancer Screening Available on Campus

By Lindsay Hale
Cairn Staff

Starting immediately the Wellness Center will be offering testicular cancer screening for every male on campus. Along with the screening, Wellness Center Advisor, Deb Choma will be posting information for use in men's bathrooms promoting awareness of testicular cancer.

Choma's idea behind the whole project was that we as a campus don't address men's issues enough and the traditional college age group is the most common to contract testicular cancer.

Choma urges that all males come to the Wellness Center to be screened because the disease is 100 percent curable when caught early enough.

The Wellness Center is open in addition to its daily hours, Monday, Tuesday and Thursday evenings.

According to the American Cancer Society Web site there will be 8,010 new cases of testicular cancer in the United States in 2005.

"About 390 men will die of the disease," she said. Most cases of cancer develop in men ages 15 to 40 but it can affect a man at any age.

Choma has done other health awareness programs including the posters of hands that tell which germs may be on them if you don't wash them and what those germs can do to you. You will not only be seeing these posters on campus; they are also posted in Rutland Regional Medical Center

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News

Lots of Issues

Campus Struggles with Parking

By Mike Trzciensky
Cairn Contributor

Parking accommodations are rarely ideal at any college. In some cases, students may have to walk a significant distance just to get to their classes.

Like many colleges, Castleton State College has its own share of parking problems. The biggest problem is that there is just not enough parking for residents.

"There are 1,255 parking spaces available on campus. The college has issued a total of 1,585 parking stickers, but some have multiple vehicles registered," said James Fuller, Castleton's Director of Public Safety.

The college's policy states that any student found with more than one vehicle parked on campus at one time will have their second vehicle towed.

"We've had between 578 and 616 parked on campus at one time. We just don't have the room to allow students to have multiple vehicles parked on campus," said Fuller.

Fuller also says he has a problem with one of the lots the college designates as a commuter lot. The college wants commuters to have full access to the campus center; therefore the parking lot behind the campus center is designated as a commuter lot.

"Some students are willing to risk getting ticketed to park in the commuter lot on really snowy nights. I can understand that."

James Fuller

"The problem I have is that not many commuters use the lot. Most of the people parked in the lot are residents. If we made the entire lot for residents, we might be able to solve some of our parking problems," said Fuller.

Fuller said he feels the worst for the students who have to walk almost a mile away from where they are parked to get back to their dorms during snowstorms.

With no immediate relief in sight, cars are packed into the new parking lot next to Castleton Hall.

Photo by: Beth Pantzer

"Some students are willing to risk getting ticketed to park in the commuter lot on really snowy nights. I can understand that," said Fuller. "I see it as a potential dangerous situation for students to be walking through the snow on the nights when it's really bad outside."

Commuter Kristopher Setchfield does not see any reason why residents need to park in the commuter lots overnight.

"They're just being lazy. There's plenty of parking for the residents," said Setchfield.

"There are ways the problems with parking on campus can be fixed. The thing we need to be careful of is that we don't cause new repercussions from making some kind of change. We certainly need to make sure we aren't creating new problems," said Fuller.

The parking situation will be changing within the next few years. Changes to the Campus Center and the Black Science Building will make parking even more difficult on campus.

"I think once the construction is completed, we'll have a better idea of where we can go with this," said Fuller.

Castleton Students Roll Up Sleeves 3 Times a Year

By Beth Pantzer
Cairn Staff

Think Dracula is scary? Try having a needle coming at you, prepared to draw a pint of blood. Well, that's just what 102 people did in an effort to save lives.

Castleton's Community Service Club, along with the Center for Study, held the annual spring blood drive in the campus center on March 2. The Castleton Women's Club also provided its services, getting volunteers to help at the front desk and with snacks. For more than 20 years, Castleton has hosted three drives per year, one in the fall and two in the spring.

Why?

"There is always such a major need," said Chrispin White, Director of Community Service and Internships.

Between Maine, Massachusetts, New Hampshire and Vermont, 1,400 pints of blood must be collected every day to meet patient needs. Within the nation, roughly six million pints are provided each year through the American Red Cross. That's only half the nation's blood supply. One reason so many pints are collected is because the shelf life of red blood cells is only 42 days.

In the fall of 2004, Castleton collected around 70 useable pints. This semester was up to 85 out of the 102.

"It only takes an hour to save a life," said Jan Rousse, assistant to White. "It touches everyone's life."

"It's a good public service thing to do," said White.

Look for future blood drives on campus and around the state. And for those of you too scared, take White's word: "It doesn't hurt!"

Campus Events Calendar

Wed 3/16- Every Woman has a Story featuring Mim Sherman, Huden 12pm

7pm in Fireside Singer Bari Koral

Thursday 3/17- 12pm in Fireside Band Extra Stout

8pm Soundings - The Rivals (thearter Arts) in FAC

Friday 3/18 SoS applications Due

8pm Soundings: The Rivals (Theatre Arts) FAC

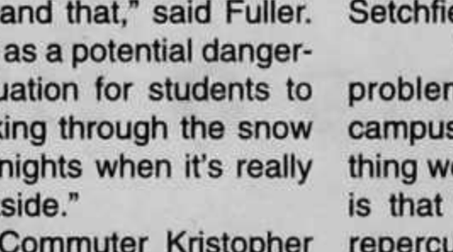
10:30 Singer Chad Hollister in Fireside

Saturday 3/19 8pm soundings The Rivals (Theater Arts) at FAC

Sunday 3/20 Soundings: The Rivals at 2pm in Fac

Monday 3/21 Movie:"The Polar Express" Herrick 8pm

Tuesday 3/22 7pm Soundings: Film Faat Kine



Needed For:

The Voices Project

A state-wide original musical based on teen stories and writing touring Vermont fall 2005

Want to have fun, work with kinds, be a part of a ground-breaking project? Want to make some money over the summer and into the fall? Want to take on some real responsibility and add something terrific to your resume?

Time commitment:

Approx, Mid July-Oct 15th

Please call producer, director Bess O'Brien
at Kingdom Country Productions at 802-592-3190
Or e-mail at bobrien@pshift.com

News

Snow Fun Outside

Barren and snow covered, the Castleton State College baseball field silently awaits the arrival of the men's season.

Photo by: Beth Pantzer

Intramurals a Big Draw

By, Richard Swenson
Cairn Contributor

Even with the spring semester starting up at Castleton State College and spring sports lingering in every athlete's mind, students flock to the gym to play some friendly intramural sports.

In previous years, intramural sports have drawn an average of 150 participants per sporting event. In the spring semester of 2005, the program has well over 200 participants.

Intramural sports in the past two years have become more popular. Why? You may ask. It is because if you're not an athlete it's an environment that allows you to reach out to fellow classmates for good, clean fun.

"We try to keep this a drug-free zone, but a competitive one at the same time."

James Walters
Intramurals Supervisor

Castleton State has welcomed intramural sports into its fold as a way to achieve its goals of a drug- and alcohol-free environment

"We try to keep this a drug-free zone, but a competitive one at the same time," said James Walters, intramurals supervisor.

Brett Kornblum, a sophomore, has been competing in intramural sports for a year and a half. "Five-on-five basketball has been the most competitive event played, but that's not what matters here," he said. "We are here to have fun; most of all it gets us out of the dorms and away from homework."

Students have the chance to participate in a variety of sports including three-on-three basketball, five-on-five basketball, floor hockey, dodge ball, soccer and Wiffle ball.

"Having such a variety of sports allows them to pick and choose between their favorite sports," said Adam Foster, a Castleton junior.

The program allows all Castleton affiliates to participate. Dormitory resident assistant Shelby Williamson sees first-hand how popular intramural sports are on the faces of the dozens of students who play them each day.

"I see many of students arrive back from intramurals, rowdy, loud, sad. It all depends on how their game went," said Williamson, an intramural participant herself.

"It gives us a chance to get out and do something other than homework five nights a week," said Kornblum.

For more information on the Monday through Thursday intramural sports schedule, contact the Castleton Athletic Department at 468-1252. Participants and organizers say they're quite certain it will be worth your while to get involved.

Get the Bugs Out

By Scott Lanphear
Cairn Staff

Students in Castleton's residence halls have had problems recently with viruses infecting their computers. This problem has caused many computers to lose access to the Internet, among other problems.

Jonathan Czar, Systems Administrator at Castleton, says that viruses often spread from infected computers to "unpatched" computers, those not protected from viruses, by being plugged into the same network. Czar noted that on computers in private homes, this problem isn't so big they may only be connected to the same networks as two or three other households. However, when this happens on a college campus, the virus could affect hundreds of students' computers. Czar noted that, in order to reach the Internet, viruses are designed to target the network devices that computers are plugged into. This leads to outages in residence halls.

"Patching your computer, as well as installing and paying for anti-virus updates, will go a long way to prevent your computer from being infected."

Jonathan Czar

If a computer is infected in one residence hall, Czar said all of the computers in that residence hall can also be infected, but the infection can't affect computers outside that particular residence hall.

"Patching your computer, as well as installing and paying for anti-virus updates, will go a long way to prevent your computer from being infected," Czar said. He noted that students must know if their virus definitions are being updated, as new viruses are created every day. He noted that students could use Automatic Updates on their Windows programs, but he noted that many students do not know how to use this feature properly.

Czar said that for IT to fix the problem of computer viruses, they must first be notified that a residence hall

See Bugs, page 4

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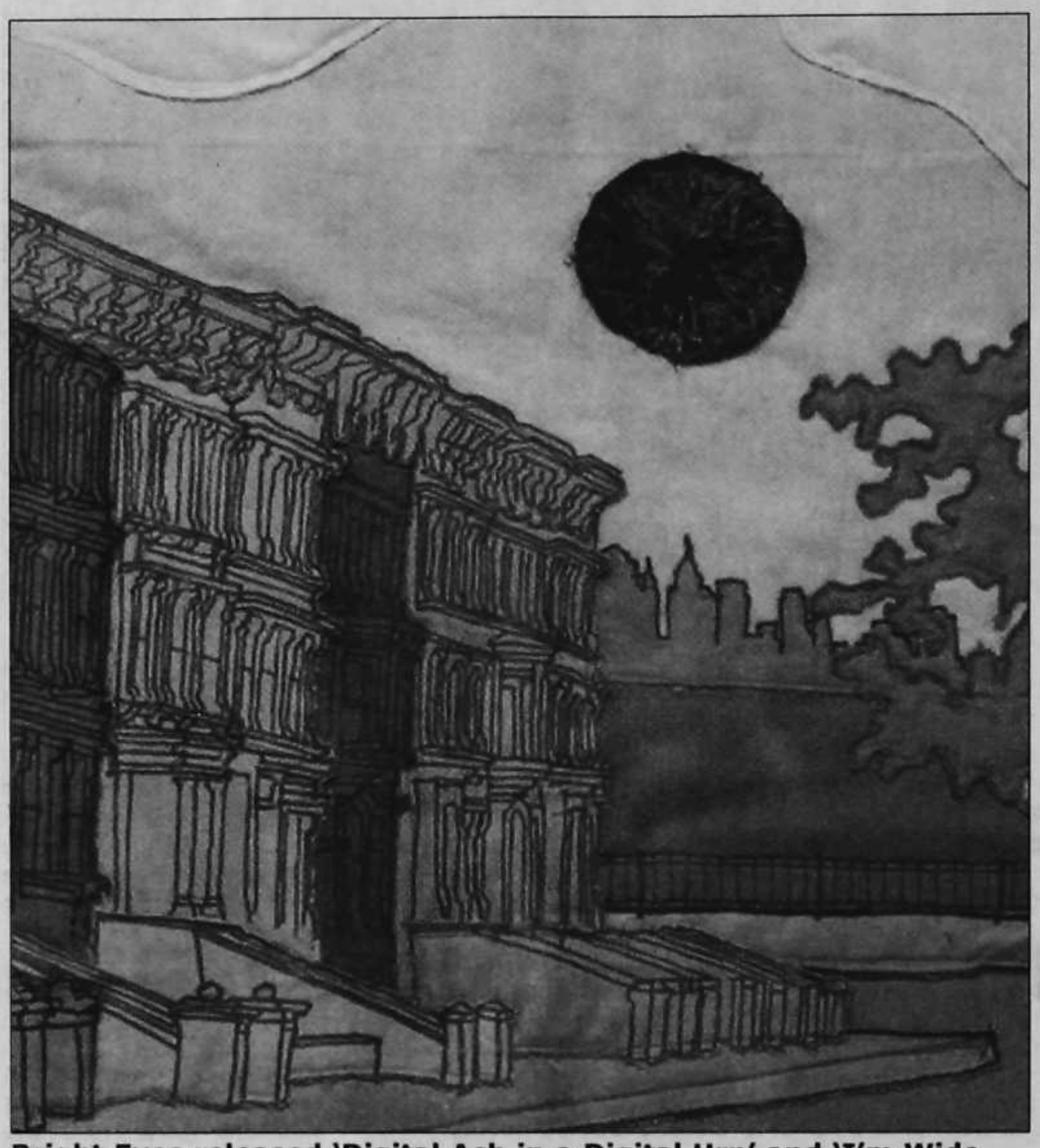
Entertainment

A Tale of Two Albums

Review: Bright Eyes, 'Digital Ash in a Digital Urn', 'I'm Wide Awake, It's Morning'

By Brad Waterhouse
Cairn Contributor



Bright Eyes released 'Digital Ash in a Digital Urn' and 'I'm Wide Awake, It's Morning,' simultaneously.

Photo provided by: Brad Waterhouse

Conor Oberst has a lot to say. He has emotions that won't stay inside and he cries them out like a twelve-year old boy. This, of course, is part of his charm. His complete lack of restraint is welcome simply because it shows a man who isn't afraid to say what he thinks and share what he feels. His raw emotion is what makes him stand out. It's hard to ignore a guy who's screaming out couplets to the masses, guitar in hand, tears streaming down his cheeks. He speaks his mind on just about everything when he makes the late-night talk circuit, and he's independent to a fault, keeping to his own record label Saddle Creek and ranting about the evils of Clear Channel.

As the man behind the band Bright Eyes, Oberst has made it a point to be over-the-top and his fans love him for it. After the release of Lifted..., the critically lauded album that was as epic as it was personal, in 2003, Bright Eyes were given full attention to by the music media. Critics praised the band and lifted Oberst up to status of Our Generation's Bob Dylan. While he's not quite there yet, it's easy to see why the comparisons were made and even easier to lean towards agreement with them.

Digital Ash In a Digital Urn and I'm Wide Awake, It's Morning, Bright Eye's two newest albums, released simultaneously, come on the heels of the remarkable success of their singles. "Take It Easy (Love Nothing)" from Digital Ash and "Lua" from Wide Awake debuted at #2 and #1, respectively, on the Billboard Hot 100 chart, unheard of for an indie artist. Whether this is a sign of popularity to come or just one more dashed hope in a line of crushed chances to get quality music on the radio will take months to find out. For now, all we have are the albums: Digital Ash, an electro-pop bag of undercooked popcorn, and Wide Awake, an album that cries to be listened to and deserves to be.

The first of these albums, Digital Ash in a Digital Urn, is a dark, danceable record, assuming you're dancing your way into a casket. Almost every song on the album mentions death. Mortality and the pointlessness of life also pop up frequently. Oberst romanticizes death more than fears it and it shows in many of the album's songs. While this subject matter is not foreign to a Bright Eyes song, the record seems morbid and happy to be so. This is both a bad and a good thing.

With guest appearances by Nick Zinner of the Yeah Yeah Yeah's and Jimmy Tamborello (the mastermind behind the Postal Service), Oberst's desire to try something new and go more electric is Dylan-esque in its apparent lack of respect for conventional songwriting in lieu of chasing an artistic vision. The record owes more toward Tamborello's own Postal Service and David Bowie in the '80s than the bedroom-epic-folk of Oberst's previous releases.

Harris' voice lends a weight and experience to the record that very few singers could, and on "Landlocked Blues" her gorgeous voice is so full of hurt and longing that she manages to make it the best instrument on the track. It's painfully good.

More an experiment than a fleshed out album, Digital Ash is mostly hit and miss. Oberst himself is in top form, taking to the role of electro-pop singer like Wilco took to kind-of sucking. The music, however, drags Oberst's natural songwriting ability down to drown it in the murk of some pretty sludgy pieces. The opener, "Time Code", is a perfect example, with the industrial drums kicking in and pounding towards an ending that is both disappointing and drawn-out. "Arc of Time" attempts to liven things up by adding in some Spanish-flavored guitar but only manages to make itself feel out of place. Even the Tamborello-programmed single "Take It Easy (Love Nothing)" seems like an idea that didn't quite finish blooming. The one saving-grace of the first five songs is Zinner's guitar, shrieking out of the black like a banshee come to take Oberst even further into his despair.

These songs aren't bad, really. They just seem like they're missing something that you can't quite put your finger on but you know isn't there.

There are a few bright and shining gems hidden away on Digital Ash, and in the category of Things That Make a Stabbing Amount of Sense, these songs tend to sound more like your typical Bright Eyes song. "Hit the Switch", with its strummed acoustic guitar accompanied by sparse electronic bloops and bleeps, lets Oberst's voice and lyrics shine. The song sounds as if it was pulled from one of his earlier records and sounds warm and familiar.

In fact, the whole last half of the album is pretty freaking good. The songs are lighter and sparser, letting them work their magic. The last four songs on the album put the songs on the first half to shame. "Ship in a Bottle" and the closer, "Easy/Lucky/Free" (with the great lyric "I got some friends I rarely see/ But we're all planning to meet/ We'll lay in bags as dead as leaves/ All together for eternity") are classic Bright Eyes and both work as potential next-singles. Digital Ash is a good starting point, but if Oberst is looking for a new career path, let's hope he works out the kinks a little.

The companion album to Digital Ash is the

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Bugs

Continued from page 3

Lately virues have infected computers campus wide.

Photo By: Beth Pantzer

is having problems. They then connect to the "hub" in the residence hall where all the computers are hooked in. They note which computer is infected, find the student who owns that computer and have him or her bring his computer to IT services so that it can be cleaned of viruses.

Gayle Malinowski, Chief Technical Officer, noted that many complaints about viruses were received at the beginning of the fall semester, as students were moving in. She said that a network upgrade has helped alleviate these problems. She said every once in a while, a computer in one residence hall will have problems, causing all the computers in that residence hall to be disconnected from the network.

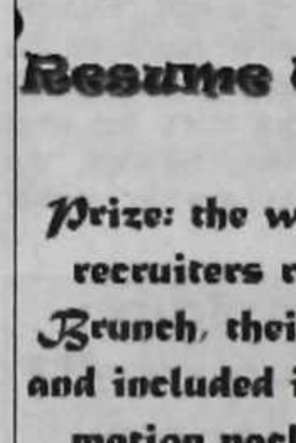
In a survey of five randomly selected students, four of them knew how to protect their computers from viruses and how to update the virus definitions in their anti-virus software. Most of these students take advantage of software provided for free from the school in order to make sure their computers are protected from viruses.

Resume Writing Contest

Prize: the winners are presented to the recruiters right at the Career Fair Brunch, their resumes are photocopied and included in all 80+ recruiters information packages with an evaluation sheet. Recruiters complete their comments and students receive a copy of their critiques. Students receive a gift from Castleton Career Development.

Resume Writing Kits available in Judith's Office. Cool samples from her office and that she will help anyone with a draft too!

Resumes in ½ hour or Judith buy the pizza.



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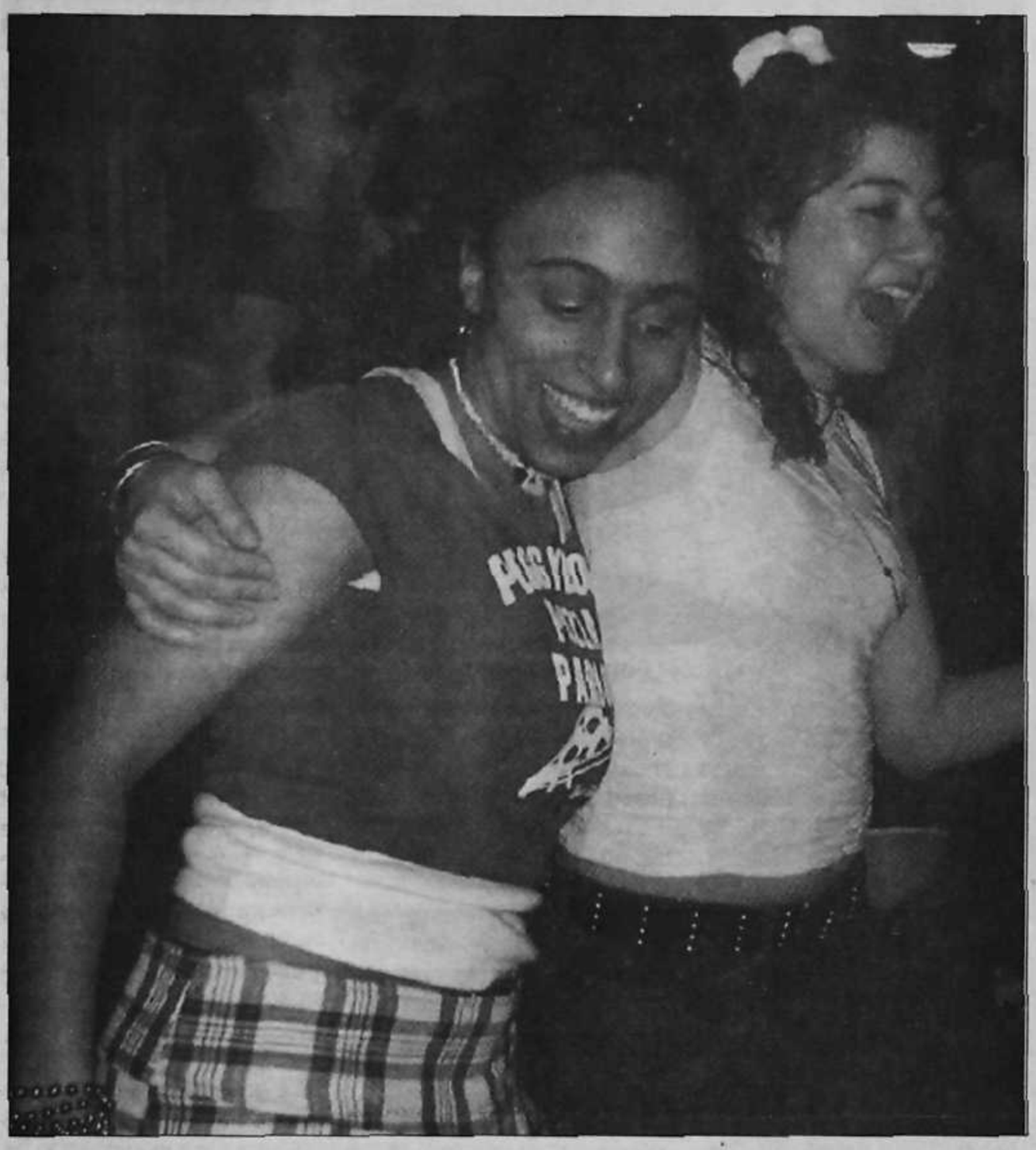
Feature

Back to the '80s'

Alternative Spring Break throws an 80s party at Flubberbusters to raise money



Ariel Delaney and Hanna Reategui show off their moves on the dance floor.

Photo By: Beth Pantzer

Albums

Continued from page 4

album that we always knew Oberst could make and is the obvious next step in the evolution of Bright Eyes. I'm Wide Awake, It's Morning is a much tighter album and is much less extravagant than Bright Eye's previous album, Lifted..., and has some of the best lyrics that Oberst has ever penned (especially in "Landlocked Blues" and "First Day of My Life"). It's Folk, in every sense of the word, and it fits Oberst like a pair of women's pants (which are tight and accentuating to flattering features, for those of you who stick to man-pants. Shame, shame.). The album is both political and expansive in a world view that differs greatly from past works, which were intensely personal. Turning his eyes to things outside his shell shows Oberst's need to align himself with folk poets and singers of the 60s.

Establishing Oberst as a worthy heir to the folk crown, Wide Awake opens with what should be a depressing anecdote about a woman on a plane that manages to set the theme of the entire album: hope in the face of a world that doesn't deserve it but is beautiful to live in anyway. "At the Bottom of Everything" follows, complete with country-plucked mandolin and Jim James (My Morning Jacket) crying backup. The country theme can also be heard in the slide guitar and picking-styles of the guitarists on a handful of other songs.

Oberst's voice quivers and whines just as much as on previous works but he holds back more than usual, which suits the songs just fine. His restraint is what many critics have been calling for and while fans of Oberst's outbursts (sounds like a candy) may be disappointed, they'll find solace in quick yelps and spasms of emotion.

Breaking his "friends-only" rule, Oberst brings in country legend Emmylou Harris to sing back-up on three songs. This turns out to be one of the best decisions of Oberst's career. Harris' voice lends a weight and experience to the record that very few singers could, and on "Landlocked Blues" her gorgeous voice is so full of hurt and longing that she manages to make it the best instrument on the track. It's painfully good.

The best song on the album, the closer "Road to Joy", is a live staple that steals the tune of Beethoven's "Ode to Joy" and makes you wonder why no one thought of it sooner. The freak-out at the end, both of Oberst and band, is as satisfying as a rough, passionate kiss good-night at the end of a wonderful evening. Every track on Wide Awake is great, from the depressing solo-ditty "Lua" to the sting of "Poison Oak" and it comes close to surpassing Fevers and Mirrors as Bright Eye's best work to date.

With each record Bright Eyes only get better, and while the Dylan comparisons are still just indications of what Conor Oberst may live up to in the future, he's on the right path. A slight misstep along the way like Digital Ash can be forgiven, especially when paired with a close-to-perfect companion like I'm Wide Awake, It's Morning.

MAC of the Semester

When I was a scared, confused, first generation/non-traditional student in university, one of the people who encouraged me the most was the security guard who checked my parking pass every morning. Every morning for 4 years he'd say something like "Hiya Kid...how you doing today" or "You can do it..." or "Knock 'em dead" or something that just cheered me on when I needed it most. I didn't get support from my family and so this one-person cheering squad was often what kept me going. His name was "MAC."

Now, here at Castleton, we love to recognize and reward our MACs MACs are non-faculty Castleton staff who take that extra time to encourage a student, give a pat on the back, comfort or otherwise be the support network that is so essential to keeping us together heart and soul as we develop into these new people we are becoming.

Please take this opportunity to thank your MAC. ENTER YOUR FAVORITE "MAC" IN THE "MAC OF THE SEMESTER" DRAW AND YOU BOTH WIN A WONDERFUL PRIZE. ONE NAME WILL BE DRAWN BEFORE THE APRIL 12TH CAREER FAIR.

Mac of the Semester is sponsored by Castleton Career Development.

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Feature

Herd

Continued from page 1

and through breeding and purchasing, now has nine animals, and one more on the way. He said that his alpaca "Lindsay" is due to have a baby in June. His youngest animal is "Guillermo" (ge-arm-mo), a dark brown, four-month-old.

Some of these sweet, doe-eyed creatures have more than one job on the farm. Three of Weaver's animals are guard llamas, he said. They defend the rest of the herd from small predators, such as bobcat, fox, or coyote. Weaver said one alpaca is even a celebrity of sorts, having been a featured guest on a Kentucky radio program.

Weaver uses a former horse stable to house his alpacas. With music blasting from a radio, he shows off the heated birthing and veterinary rooms he is adding on.

"They like country music," he said, while showing off the combination warming room and birthing stall. The room is a large enclosed space, with a good-sized window for observational purposes. This allows the mother privacy. The small separate veterinary room is designed with the idea to reduce stress for the animals—as well as for people.

Alpacas require very little room, he said, adding that many farms are less than 10 acres. Inside a little pen there are two weanlings—animals being weaned away from their mothers. On this day, his 7-year-old granddaughter, Taylor, is helping him to hold the animals. Stroking the head of a fuzzy baby with deep black liquid eyes, Weaver explained that Alpacas have about 20 different colors. These range anywhere from the highly desirable rose-gray, and silver-rose, to true black, bay (dark brown) black, and silver. Crimpiness in the deep fibers is a good thing, he says, especially in darker-colored animals that have finer wool. The best fibers come from animals with dreadlock style hair.

"I tell my wife, 'I don't have all of my money in the bank. Out there (in the pasture) I've somewhere in the vicinity of $125,000.'"

Phil Weaver

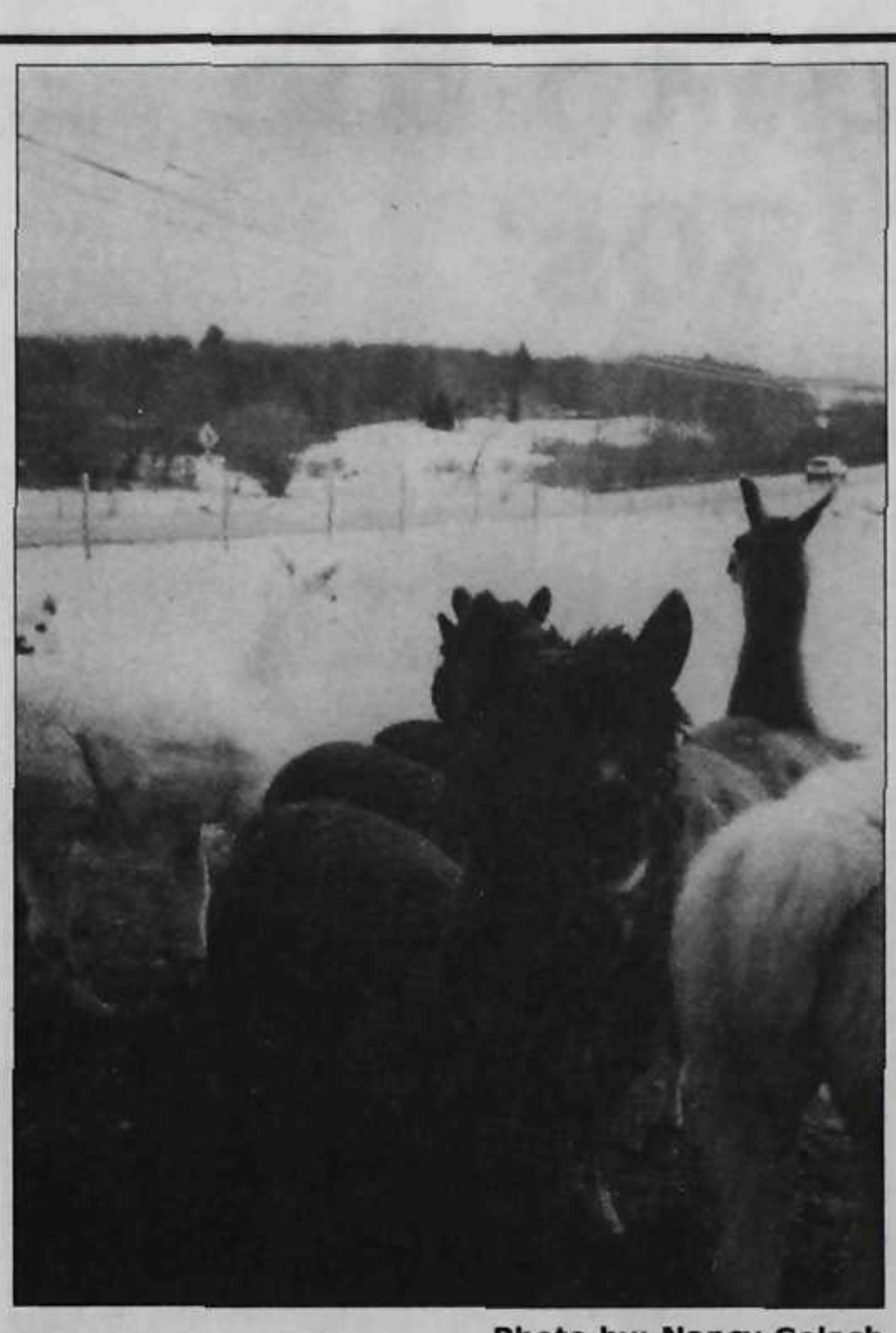

Photo by: Nancy Golash

Alpacas are only shorn once a year, and since they are considered Low-maintenance livestock, the sale of the wool pays for the yearly upkeep of the animals Weaver said. After taking a course at another farm, he now shears his own alpacas, sometimes with the help of another farmer. This saves him from hiring a professional, which costs anywhere from $25 to $35 per animal. It also saves time, as some professionals don't always show up when they're supposed to.

"It can be very frustrating," the soft-spoken Weaver said.

Besides raising the alpacas for their wool, he shows many of his animals, both regionally and nationally, about six times a year. Weaver said his best show to date was when one of his animals placed second at the North American show. He said that he will be leaving for his next show, in Springfield, Mass., on March 31.

Weaver hopes to have as many as 24 alpacas in a few more years. Looking fondly at the animals grouped in the nearby pasture, he gestured toward them and spoke of the animals as somewhat of a financial security blanket.

"I tell my wife, I don't have all of my money in the bank. Out there (in the pasture) I've somewhere in the vicinity of $125,000," he said.

An alpaca can range in price from a few thousand dollars for a Poorer-quality animal, to as much as $50,000 for an animal with superior confirmation (physical characteristics) and wool.

The Alpaca Registry Inc. does not allow imported alpacas into the country anymore, so farmers like Weaver must get their animals from domestic sources, such as alpaca auctions and other farmers.

If you would like to find out more about alpacas, visit www.ilovealpacas.com, browse Weaver's website at www.parklandalpacafarm.com, or visit him between classes—he loves his alpacas.

Fail

Continued from page 1

halls also try to encourage academic success. Dennis Proulx, director of residence life, said "Students fail academically because they succeed socially."

Proulx said that freshmen try to build a social and academic life here, which is a difficult task.

For freshmen, Proulx said, "I think that academic success and personal development go hand in hand." In the residence halls, community advisors (CA's) offer programming to help with academic success and in the past have celebrated students' GPAs. In fact, CA's must maintain a GPA of 2.25 or greater.

Many Castleton students are first generation college students who do not know what questions to ask, said Judith Carruthers, director of career development.

"We are the dream makers," she said about career development. Students should visit the career development office in the Campus Center to create an academic focus and jumpstart career plans, Carruthers said.

For more information, students can visit the Academic Support Center in Babcock Hall.

Explosion

Continued from page 8

all about records; it's about improving the quality of education on campus.

"The creation of new sports isn't about wins and losses," Wolk said.

"Sports are an integral part of a college education. The life lessons they teach are very important. Having sports that accommodate both athletes and spectators has and will improve the quality of life on campus."

Tyson agreed.

"The goal, long term, is to be successful, but not necessarily in a sense of records. We would like to be able to recruit quality student athletes, and then be able to give those athletes the opportunities they need in order to spend four years here," she said.

There are presently no plans for additional sports, but no one's ruling it out.

"We aren't going to put a limit on the number of teams we have. I won't say, 21 teams is enough," Tyson said.

"There's always room to expand, but we'll wait and see what the needs of the students are first."

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Sports

Racicot

Continued from page 8

comes along with professional sports. And in many reasons it is because of hard-nosed student athletes like Racicot, who play because they love the game.

"I play baseball because I love this sport. Baseball has given me many good times, and it is hard to picture my life without all of those experiences," said Racicot.

Last season the Spartans did not have much depth in their pitching rotation, so when coach Ted Shipley called on Racicot to pitch, that's exactly what he did. And he did so with passion, putting up the team's fifth-best earned run average at 5.71. He boasted a 2-2 record in his 17.3 innings pitched.

Now that a new season is beginning, the Spartans are well-stocked with pitchers and lacking depth in the outfield. So when Shipley called on Racicot to play the outfield, the sophomore quickly returned to familiar surroundings.

Racicot played outfield throughout his high school career for the Mount Abraham Eagles. He also pitched once a week during his senior year. In his three seasons playing for Addison County Legion, from 2002-2004, Racicot played both outfield and pitched.

His true love has always been playing in the field, though.

"Pitchers only get to play about one game a week, and it is fun, but I love the excitement of playing every game," Racicot said. "But when it comes down to it, I just like being part of the team. If I can make an impact in a game, I will do so however it is needed."

Racicot feels he can be effective even coming off the bench.

"I am excited about getting an opportunity to play in the outfield, and get more at-bats this year. Last season I only got one at-bat, and hitting was something that I missed," Racicot said.

Over his three seasons at the varsity level for Mount Abraham, Racicot had a batting average over 400 and helped the Eagles win the 2001 and 2002 Division II state championships.

"There are many adjustments that I am going to have to make hitting in college compared to when I was hitting against high school pitches. (College) Pitchers throw just as hard as in high school, but they are much better at hitting their spots on the corners of the plate, and they have developed much better off-speed pitches," Racicot said.

Racicot is doing everything that he can to prepare for these changes, putting in extra time in the batting cage this season in hopes of improving his timing.

Racicot and Shipley have high expectations for the Spartans season, which opened with a mid-March southern swing. They ended last season with a 21-19 record after a disappointing loss to Thomas College in the North Atlantic Conference championship game.

While Racicot is headed out to the outfield, he'll be ready if his pitching career is not put out to pasture.

"If the coached asked me to, then I'd go out there and give it whatever I got," he said.

Ace

Continued from page 8

invitation to play in the Twin State series between graduating seniors from Vermont and New Hampshire, that year played in Nashua, New Hampshire.

"Proabably the most valuable moment of high school was playing in a minor league stadium in New Hampshire. Pitching in front of that many people is one of the coolest things I've ever done," Kuhn said.

Kuhn's love of baseball started in the backyard as it does for most children starting out.

"My dad was the one who inspired me by playing catch with me. He taught me a lot about baseball," said Kuhn, who has gone from the backyard and Little League to playing with the best in the state to a minor league park.

How much farther can the left-hander go?

"How far he wants to go in baseball will depend on how hard he works at it. It is possible, with hard work, for him to play beyond college," Shipley said.

Kuhn's go-to/strikeout pitch is the fastball, but he also has a curveball and is working on a change-up. Shipley has him developing into a fastball/slider power pitcher.

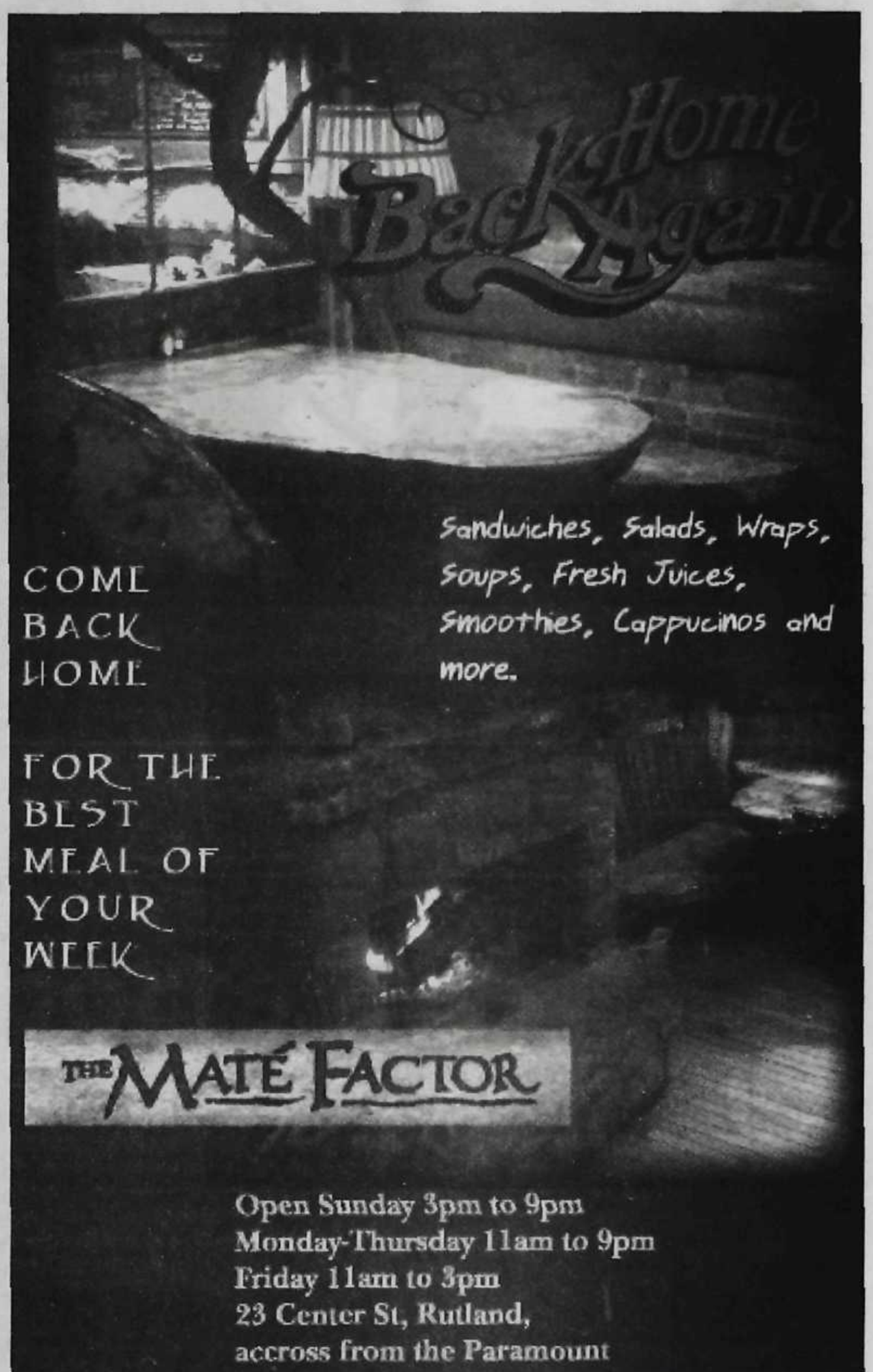
Kuhn throws in the low 80s, so that suits him fine.

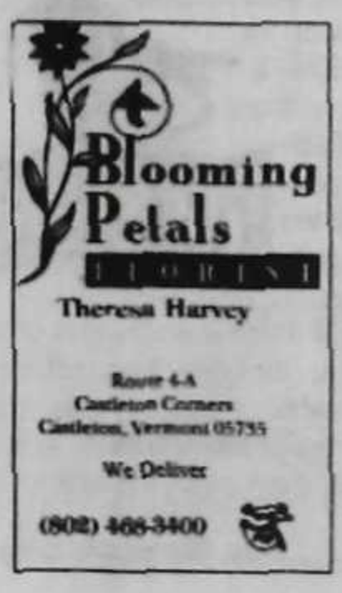
"I want to bring heat," he said.

Kuhn, a workhorse the last two years of his high school career, would like to improve his enviable 3.00 ERA, make 10 starts this spring and get "somewhere around eight wins. A better strikeout-to-walk ratio is something I want to improve," he said.

But his personal goals take a back seat to the goal to play in the NCAA Division III tournament.

"It's more about the team than it is about me," he said. "I want us to win the North Atlantic Conference first, and then we will take it from there."





Sports

Hockey did not exist on campus until Castleton added it as a club sport three *seasons ago*.

Photo from: www.castleton.edu

Sports Explosion

Nine sports added in 3 years, and maybe counting

By Rose Mickel
Cairn Contributor

The past several years at Castleton have seen countless improvements and additions to the athletic department. The number of varsity sports has nearly doubled, reaching a total of 21 teams this fall season, from only 12 teams just three years ago.

This huge expansion of the athletic department reflects the desire of administration, headed by Castleton President David Wolk, and of the athletic department, led by athletic director Deanna Tyson, to strengthen Castleton's campus.

"When I arrived here four years ago, I felt that in order to build a stronger campus, we needed to increase the enrollment of student athletes," Wolk said. "I felt that we needed to increase funding to athletics, improve the athletic facilities, hire good coaches, and help those coaches to recruit quality players."

So far, those goals are well on their way to being fully realized. With the addition of Castleton's new state-of-the-art fitness center and coach busses for team travel, Castleton's present and incoming student athletes can train and travel in style.

Castleton's new sports have been added in an effort to increase the number of student athletes on campus. Men's and women's hockey, skiing, snowboarding, men's golf and women's volleyball have all arrived after suggestions made by incoming students.

"I spend a lot of time with the folks from admissions, finding out what incoming students are interested in. As long as there is competition in those sports interests, we can make the additions," Wolk said.

"When I arrived here four years ago, I felt that in order to build a stronger campus, we needed to increase the enrollment of student athletes."

CSC President David Wolk

But having the teams does little without quality coaches to lead them. Wolk and the athletic department have pursued and hired two highly successful and state-recognized coaches in Arlington's John Werner, who has taken the helm of men's soccer, and Bennington PGA pro Leo Reynolds, who will lead men's golf into its inaugural season next fall.

The addition of so many sports on campus brings about not only more opportunities for student athletes, as well as more work to Tyson's the desk.

Tyson is the one responsible for notifying the North Atlantic Conference when a new team is formed. But, in cases like men's hockey, she had a different job to do.

"The NAC doesn't have men's hockey, so I had to go to the ECAC (Eastern Collegiate Athletic Conference). I had to present to the league why they should accept our team," she said.

Once a team joins a conference, some of Tyson's work diminishes.

"As a member of a conference, the majority of the schedule is created by the league. Each team has a certain number of conference games. From there, it's my job to find and schedule inter-conference games," she said.

But, Tyson says, all the work doesn't just land on her desk. Tim Barrett's job is affected most as the sports information director. The more sports there are, the more information he must collect and report to local news organizations.

Wolk and Tyson share several long-term goals for Spartans athletics. For both, the addition of new varsity sports isn't

See Explosion, page 6

CSC Ace Confident This Year

By Mark Lundberg
Cairn Contributor

Castleton State College freshman Adam Kuhn was nervous the first time he took the field against college competition, but it wasn't long before he found the confidence to compete and set goals.

A season later, Kuhn is one of the cornerstones of a successful Spartans squad that won 21 games in 2004. Kuhn's impressive 3.00 earned run average was one of the reasons.

"He has the potential to become a very fine pitcher at our level, one of the best pitchers in the North Atlantic Conference and in the history of the Castleton baseball program," said head coach Ted Shipley.

Lofty praise, but Shipley thinks very highly of his left-hander. And why shouldn't he?

In the Spartans' season opener, Kuhn debuted by pitching four scoreless innings and striking out four. Not only was there the pressure of his first college game but also the pressure of the opener. Nevertheless, Kuhn picked up the win and in the process made a strong impression on his coaches and his teammates.

If that was not enough, a month later Kuhn tossed a complete-game two-hitter at Keene State College, striking out six in bold fashion.

Kuhn, who has always played baseball for fun, talked about the transition to the college game from his days starring at Bellows Falls Union High School.

"I had to get a lot more serious and more of a work ethic," said Kuhn, who played varsity ball part of his sophomore year and then his junior and senior years at BF. "It was fun to play on a team with the people you have grown up with. We had a cool coach (Bob Lockerby) senior year. When I look back, it was a fun time."

His high school career ended with an-

See Ace, page 7

Plug Me in, Coach

CSC's Racicot happy to go where needed

By Dawson Raspuzzi
Cairn Contributor

Josh Racicot is the type of player that every baseball coach dreams of having: a player that cares more about the team than himself, and works hard every day so that he can make an impact when the time comes.

The left-handed sophomore from Bristol is preparing to make a smooth transition from relief pitcher, which he was all of last season for the Castleton Spartans, to an outfielder this season.

These days there is so much publicity about professional athletes who refuse to play for certain teams, or will only play if they can start at their preferred position. College baseball is a relief from all of the drama that

See Racicot, page 7

The Cairn

The Student Newspaper of Castleton State College

Wednesday, April 20, 2005

A Non-Traditional Heads Student Association

By Lindsay Hale
Cairn Staff

Tammy Lattuca is your regular everyday college student. She struggles over her homework, goofs off with her friends and attends a full load of classes each semester. But there is one thing about Tammy that makes her different than most of the students that attend Castleton. She has two teenage sons and a husband and she serves as the only nontraditional Student Association president in recent memory.

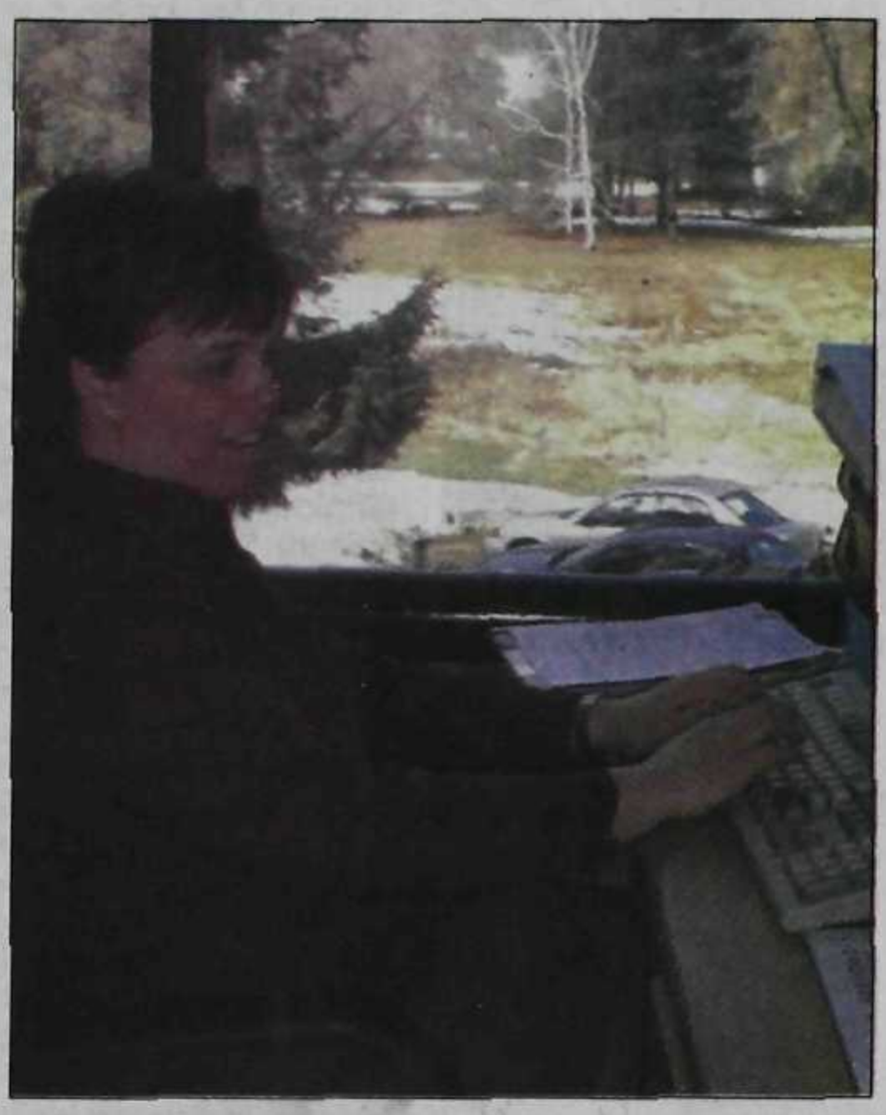
Lattuca decided to go to college after her two sons went into high school. She was going to get through college as if she had done it right out of high school. She attended registration, orientation and participated in all the first year activities. She felt by doing this it would familiarize her with the campus and make her feel more comfortable. "Lots of non-trads take classes and leave," said Lattuca. Getting involved in the campus can enrich the college experience.

As president, Lattuca doesn't have a specific agenda, but she hopes to get the message out to students about the SA and what it can do for them. She also hopes to get college court up and running so it can be an asset that the students can use.

"It is pretty fabulous that at my age I got the votes to be elected," said Lattuca.

"She is the only non-traditional president in recent memory," Victoria Angis, dean of students said of

See Student, page 6



Lisa Antonik makes use of the writing clinic at the Academic Support Center.
Photo by: Beth Pantzer

Ten-Year Marker for May Days

By Andrea McPherson
Cairn Contributor

Ten years ago, students interested in Castleton's Theatre Department would have had an experience far different from those enrolled today. In the early 90s, Castleton held its main stage with a reverence greater than even the Old Chapel. Holding only two major productions on the Fine Arts Center's stage in an academic year, the productions were kept out of the hands of students'. In fact, the student's only real opportunity to "do theatre" was during senior projects, which at the time consisted of independent efforts to perform monologues and short scenes.

"We want college to be an opportunity for students to experiment and get their stuff up in front of an audience."

Roy Vestrich

Anyone who was here three years ago to celebrate Larry Shue's 'The Nerd', would have taken witness to the first collaborative senior project to take Castleton's Main Stage. The students running the entire show were doing something students not even five years before them would have thought possible. They were working together, taking part in a curricular activity that, for some, decided whether or not they graduated. Where did all of this structure begin to take form?

Seven years ago, Castleton's Human Resources department would do something that would drastically alter what our school had come to know as theatre: they put through the paperwork that hired Professor Harry McEnemy IV into the department. After only a short time, things would prove to never be the same as McEnemy began to band together with the people he knew could help him create change in a department so desperate for a breath of life from its students.

One of those individuals in search of change was a student in the department by the name of Rich Frost. Three years prior to McEnemy's emergence onto the scene, Frost had begun taking his own initiatives toward, what McEnemy referred to as, "student-driven" theatre. In May of 1994, the very first May Day Plays

See Marker, page 6

(left to right from top) Ariel Delaney, Amanda Barrett, and Kevin Ginter help one of the men of the project shoveling dirt for the floor of the new school. To read more about Alternative Spring Break's trip see page 5.

Future Leaders Take Campus

By Kristina Collins
Cairn Staff

Spring break began on Friday, April 1, but Castleton was full of students that afternoon. Over 150 students from 16 Southern Vermont schools participated in the Foundation for Excellent School's Student Symposium.

The FES symposium included students in the fifth through eighth grades. The main goal for the day was to encourage potential student leaders to see what college life is like. Students were selected by teachers to participate in the events and gave presentations to the group.

"The kids got so involved. Living history is such a way to teach."

Susan Simon

"It's a win-win situation for everybody," Peter Mello, director for the Castleton Center for Schools, said. "We want to be involved in all levels of students."

Participants saw a seminar on snakes by Castleton professor Brad Coupe, a geology seminar from Castleton professor

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What's on the Inside

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Editorial

Miss Predictable

Review: Miss Congeniality 2

Photo from: www.thezreview.co.uk

By Rebecca Sequin
Cairn Staff

The film, Miss Congeniality 2: Armed and Fabulous, shows the adventures of Gracie Hart, an unpolished FBI agent who had previously went undercover in the Miss United States Pageant in order to prevent a crazed son of a pagaent director from igniting a bomb. Hart, played by Sandra Bullock, can no longer work out in the field as an agent because of her celebrity status. Rather than taking a desk job, she agrees to become the new face of the FBI and transforms from a crime-fighting agent into a beauty queen diva as she travels around the country doing publicity and even giving make-up tips. Sam Fuller, a transfer from Chicago because of "anger issues", is assigned to be Hart's bodyguard. The two constantly butt heads as they both try to do what they feel is right.

Gracie's world turns upside down when Cheryl Frazier, the reigning Miss United States, along with host Stan Fields have been kidnapped. She is sent to Las Vegas with her bodyguard and her gay stylist Joel, and a former agent. While in Vegas, instead of doing publicity Gracie keeps getting involved in the investigation.

While the film does have its laughs, the plot line is very predictable because it is practically the same as the first Miss Congeniality. Agent Collins is the head of the FBI branch in Las Vegas, disregards Gracie's observations, and steers the investigation in the wrong direction. It doesn't take a genius to figure out that Gracie will end up shedding her new Barbie Doll image and go back to the way she did things before her pageant days. Gracie is also forced to try and solve the case with only one or two people helping her and no support from the FBI. Sound familiar to anyone?

Despite the predictability of the film and the cheesiness, Bullock has the ability to make insanity look hysterical. She trips at least 20 times throughout the movie, dances at a drag club in a ridiculous outfit, and even tackles Dolly Parton in a crowded Las Vegas hotel. Not every actress could pull this off and still keep me entertained.

Bottom line is Miss Congeniality 2: Armed and Fabulous is not a fantastic movie. However, you should know what you're getting before even setting foot in the theater. If you are not a Bullock fan and hated the first one, there is no point in going to the second one because it will be a waste of your money. However, if you're a fan of Bullock and love stupid, over the top antics, then this film will put a smile on your face and make no apologies at not attempting to achieve world peace.

Is it Really in the Syllabus?

By Ray Charles
Cairn Staff

What kind of student are you? Are you the ever-curious, empty vessel that needs to sit in the front in fear of missing an important note? Or are you the righteous slacker that sits in the back in fear of academic interaction? You could be somewhere in between-playing it safe. But then again, where's the fun in that? But no matter who you are, always know that the instructor takes notice. Ever think that you have done so poorly in a class or on a test that you believe yourself to have no chance of passing? And when you get your marks and it shows you something different, aren't you the least bit curious how that happened? Well, think back to a typical day in the classroom. Were you respectful? Did you seem interested in the material? Something that seems to be neglected from a very early age on is the fact that teachers are people too. They have their own lives and feelings to contend with.

Let's put "Johnny Come-Never" in a classroom setting. His classmate is the always prompt, peppy, and perfect "Pauline Pip." They both take an Accounting course together. Johnny is the kind of student that does his work the very last minute, cracks jokes, and spaces out. Pauline is the kind of student that listens attentively, asks valid questions, and never skips a class. When it comes to finals time, Johnny does quite well, and Pauline does quite poorly. Do you think that a compassionate teacher would favor Pauline just because she showed effort and interest? Is it really as simple as that?

The way students can look at the student/teacher relationship is by clarifying, right away, that teachers have feelings. If you test a teacher's patience, they will test back. Psychologically speaking, teachers can and probably do associate certain students into certain roles. It is no secret that there are 'bad' and 'good' people in every class.

But this raises another good question: Can the system be manipulated? YES! The system of human interaction is manipulated everyday. But whether or not you want to seem interested and being interested is clearly in the eye of the beholder. But if the beholder wants to test the theory in order to come out with a grade that makes them smile, then by all means do it. But then again, teachers have seen it all before. They may be able to discern a fake from the real thing.

Is it fair? Is it right? Is it even true? If grading can come down to the teacher's opinion, how legitimate can the grading system be? The theory is not absolute. So it isn't certain but it's logical.

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Campus Events Calendar

TONIGHT April 20th
Dodge Ball Tournament, SHAPE gym, 8 pm

Friday, April 22nd: SPRING WEEKEND
Total Backstage Access (10 bands)
FAC, 5 pm-1:30 am
Saturday
Free food, music and activities
Campus Center, Amphitheater, Huden Lawn
12 pm - 12 am
Sunday
Parker House and Theory (band)
Amphitheater 4:30 pm

Monday, April 25th: Movie
"Closer", Herrick Auditorium, 8 pm

Tuesday, April 26th: Documentary
Journey to a Hate Free Millenium, Campus Center, 7 pm

Friday, April 29th: Late Night
TBA, Fireside, 10:30 pm

Monday, May 2nd: Movie
"Team America: World Police", Herrick Auditorium, 8 pm

Sunday, May 8th:
Almost M idnight Breakfast, Huden, 8 pm

News

On vs. Off: Campus Housing

By Steve Hartmann
Cairn Contributor

When young adults head to college, they are left with two housing options: live on campus or find an apartment off campus. With freshmen required to live on campus, this option applies only to upper classmen. But there are exceptions to this rule, as stated on the Castleton Web site.

"All new students are required to live on campus unless they commute from their home or have special permission from the Director of Residence Life," the Web site states.

Students who live off campus say they enjoy the ability to make their own rules and aren't forced to abide by the rules set forth by the school. This is more of a personal freedom for the students, which is why the concept of living off campus is favorable to many.

"The whole concept of being a child is having to abide by the rules set forth by adults. Living on your own allows you to feel more like an adult than a child or young adult. It's the next step into your adult life," said sophomore Bailee Bishop of New York.

And with Castleton not offering co-ed living situations, there are those who move off campus in order to be with a boyfriend or girlfriend.

"Since my boyfriend moved to Whitehall, (N.Y.), I decided to live with him at his place so we could be together more often," said sophomore Lauren Williams of Vermont.

Students also said food is another major reason for their decision to move off campus. With Castleton State College requiring all students who live on campus to have a meal plan, many said they find this to be a big inconvenience. They frequently complain about the quality of food and the service provided at Huden Dining Hall.

"Making your own food would make living on campus better," said Sophomore Ryan Armiento of Connecticut. "I mean, there's someone who makes your sandwich and its weird having someone else making a sandwich for you. And sometimes it seems like a hassle when you ask for extra stuff, like two slices of cheese."

Resident Director Dennis Proulx said in a recent interview that he lived in the dorm for all four years at Castleton and enjoyed it. But he also said that he feels some people move out as a natural progression into adult life. Area Coordinator Mike Baumgardner, along with Proulx, both agree that living on campus really does help out with the first- and second-year students — and even the third-year students.

By living on campus, they have access to all facilities the campus provides. There is a certain level of comfort to living on campus as opposed to living off, they said. The internet, phone services, electricity, and heat are provided for at a flat residential charge for all students. These are comforts that must be purchased if living off campus.

Living on campus provides easy access to such things as social events, faculty, food, and campus life activities. "Living off campus, one must make an extra effort to attend some of these events or to visit faculty," Proulx said. "Food also must be purchased if living off campus. While many complain about Huden Dinning Hall, it does reduce the task and cost of purchasing food and beverages, preparing the meals, and cleaning up the meals," Proulx said.

Proulx continues, "Plus, there is the extra social interaction with people when you live on campus. Several students have said that they feel that living off campus will not take away from their learning. But what they do not realize is that there is a social side of learning too.

This all depends on the students' idea or definition of learning. There is a social side to learning too...There was a national academic study that students who live on campus tend to score higher with their grades."

When asked if he feels living on campus provides more effective learning, Mike Baumgardner quickly replied "Yes.

There are strong educational points with living on campus. There is the ability for carrying on discussions with classmates after the class has gotten out, or even communication with people you live with."

As young adults venture forth through college, they must be reminded that although living off campus sounds good, it's a lot harder than they might think. With gas prices reaching anywhere from $2.19 a gallon in Vermont to $2.30 a gallon in New York, the cost of commuting from a further distance is only going to rise.

"I would like to find a place close to campus where I could live, then I could visit my friends and be close to where the action is," said Massachusetts sophomore Marc Newcomb.

The most effective way of staying off campus is to find local off-campus housing, but prices tend to be high. Condos across the street from Bomoseen Inn, for instance, include utilities but cost $1,000 a month.

"People who live on campus tend to stay in school, and they also report to be happier than those who live off," Baumgardner said.

So, as the semesters roll on and the choice of on or off campus living still lingers, students will need to weigh their options. Living on campus might just make the difference between staying in school, and even being happier.

The Truth About Public Safety

By Rosalind Copplestone
Cairn Contributor

"When I'm on duty, I always try to understand where people are coming from and I try to give everyone the same amount of consideration and respect that I would expect from them, if our roles were reversed,"

Bradley Adair

Students at Castleton and members of the surrounding community may not truly know what campus public safety officers really do.

Students asked the question said they aren't sure what the officers do when they aren't giving tickets or dealing with trouble makers. The Public Safety Department is a huge part of campus life and the safety of students sometimes depends on its officers.

"No matter what we do, it is always in the overall best interest of the student body and the college as a whole," student officer Bradley Adair said in a recent interview. "It would appear to me that people might think that people who become PS officers just want a 'power trip' that we like to boss people around. This could not be further from the truth. We have a job like almost every other student on this campus. There are certain things that we must do as part of our job."

Adair said students and community members do not see the various things that public safety officers do for the school. Ever tried to get into a building like the Fine Art Center after hours? Public Safety officers let you in, Ever had someone visit you here at Castleton? Public Safety officers are the ones who fill out temporary parking passes. When you lock yourself out of your car, they can unlock it for you. You can call them 24 hours a day for an escort anywhere on campus. When you are unable to find a community advisor to unlock your dorm room you can call Public Safety to let you into your room.

A former student, Mike Liebenow, said he did not "truly understand why public safety was around" until he began talking to one of the officers out on duty one night. Liebenow says he "now knows that public safety can be a useful tool."

To get a better idea of their role, you can shadow a Public Safety officer. Walking around campus with Adair on a recent night, Adair visited every community advisor who was on duty to make sure they knew that Public Safety was around if anything happened. Adair and I stopped by some late-night events to make sure they were safe.

Regarding trouble with students, Adair said Public Safety officers are not "out to get" students, but sometimes tough action needs to be taken.

"When I'm on duty, I always try to understand where people are coming from and I try to give everyone the same amount of consideration and respect that I would expect from them, if our roles were reversed," he said. "I basically have yet to have a negative experience specifically because I work for PS here at Castleton...I think that Castleton has a great student body though we seem to suffer in organization and motivation at times."

In addition to keeping peace and helping students and faculty, many of the officers are trained in basic first aid and some have been to training seminars at Keene State College to become better suited to handle various incidents occurring on campus.

"Not just anyone can be a P.S student officer, but almost anyone with the right amount of drive and personal dignity can," he said. Adair said he became a Public Safety officer three years ago to force himself to walk around campus and not just stay in his room.

If you would like to know more about public safety, its job opportunities, or the officers themselves, visit www.castleton.edu/Publicsafety/index.htm.

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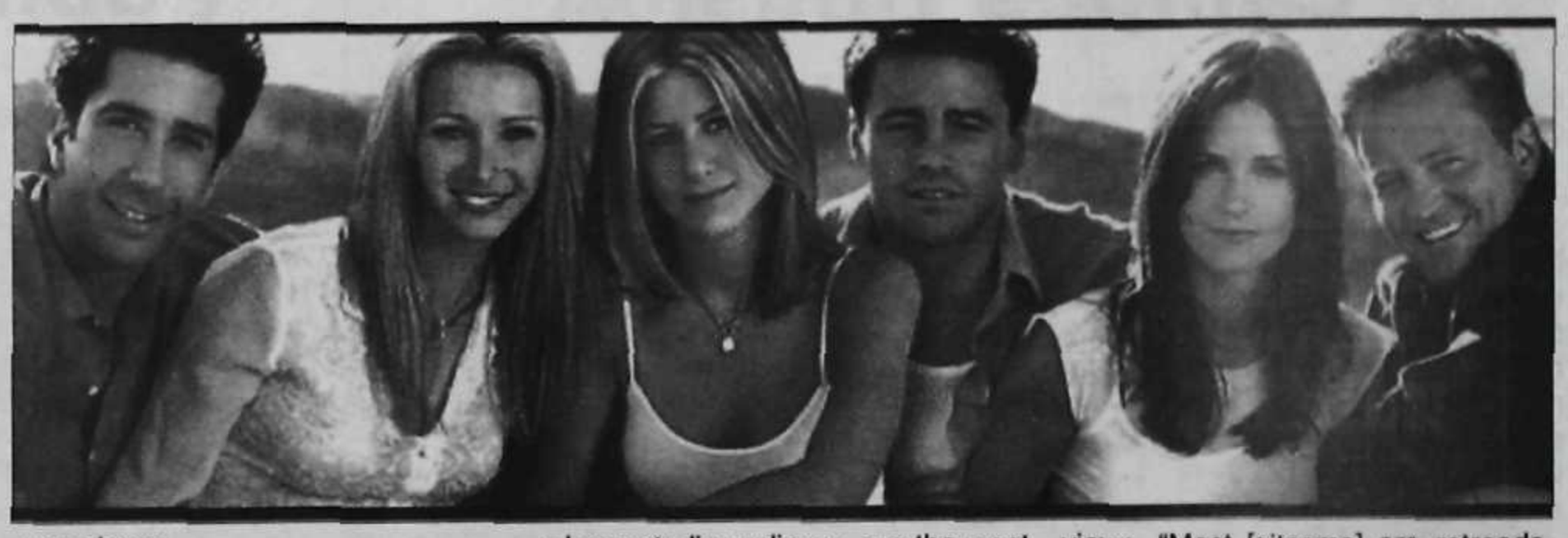
Feature

Where Have All the Sitcoms Gone?

By Scott Lanphear
Cairn Staff



Flipping through the television channels, one can find several reality shows, some gritty crime scene investigation dramas, bloody medical dramas, and maybe a few other shows that defy easy categorization. One thing that seems noticeably absent from television screens these days is the one genre of television shows that goes back to the early days of the medium- the situation comedy, or, as its known in the television industry, the sitcom.

Last spring, two of the most popular and critically acclaimed sitcoms in the past twenty years- Friends and Frasier- aired their last episodes, causing many in the television industry to speak of the "death of the sitcom." This fall, a record low number of sitcoms aired on the four major broadcast networks, as compared to ten years ago. In the fall of the 2004-05 season, NBC, which in the past twenty years has aired such great sitcoms as Cheers, Seinfeld, Frasier, and Friends, aired only four sitcoms on its primetime schedule, the fewest number of sitcoms since 1980, when it aired only two. CBS, which currently airs six sitcoms and ABC, with about eight sitcoms, likewise have less sitcoms on the air than at other times in recent years.

It is not just the number of sitcoms on the air that is declining, but the quality and popularity of the sitcoms that do get on the air. In the 2003-04 season, there were only four sitcoms in the number top twenty shows in the seasonal Nielsen ratings. Ten years earlier, that number was eleven.

What has caused this decline in quality and quantity? Two words: reality television. With the sudden rise in reality television, many networks have inserted reality shows into timeslots previously reserved for sitcoms. For example, NBC now airs the Donald Trump reality series The Apprentice during the 9:00 hour on Thursdays, an hour previously inhabited by such sitcoms as Cheers, Seinfeld and Frasier. Reality shows are less expensive to produce than sitcoms. The average reality show costs about $500,000 while the average sitcom costs $850,000 to $1.2 million. Reality shows are also a good way for networks to make money with such features as product placement in the weekly reward challenges on shows like Survivor.

"Fifteen years ago, the sitcom was king", said Roy Vestrich, a communication professor at Castleton. But now, Vestrich said, sitcoms are "going through a quiet phase" at the moment and that "traditional multi-camera" sitcoms, that is sitcoms filmed by multiple cameras in front of a large studio audience, are the most in trouble. He said that viewers have so many alternatives to sitcoms, including reality television, DVDs and the Internet, that they are not as interested in sitcoms as they once were.

"Aging people who grew up on sitcoms are turning away from them, while younger people are turning to other things for 'cultural currency'" such as new, innovative dramas like Lost and 24, Vestrich said. By cultural currency, Vestrich means the types of shows people talk about at school or at the office the next day. Vestrich said that a sitcom revival is probably coming in the future, but he said he was not sure when. He said the future of sitcoms is in the single-camera format of such shows as Fox's Arrested Development and the former HBO series Sex and the City. Such shows are shot differently than the traditional multi-camera sitcoms, and do not feature a laugh track.

Vestrich says that any revival of the sitcom format requires that people be trained in the art of the sitcom, especially in schools. He also recommends that writers of sitcoms take more risks and be more conscious of how they interact with audiences. "A lot of the time, sitcoms talk down to audiences, especially to children," he said.

Castleton students also see a decline in the quality of the sitcoms they watch. "They are all just the same," said Jen Barber. "[They all feature] a really fat guy with an overly attractive wife." Barber said that people are sick of sitcoms featuring the ideal family and that they need more original scripts that are more edgy and brake certain barriers.

Mike Trzciensky had similar views. "Most [sitcoms] are retreads. [There are] very few good ones besides Everybody Loves Raymond and The King of Queens, all the same, nothing fresh." He also complained that sitcoms "play it safe, don't push any buttons like All in the Family or Seinfeld." He said that part of the problem is that sitcoms have "been around too long, and [the writers] can't think of anything fresh anymore."

Adam Rose blamed the decline in sitcoms on 'unoriginal thinking and an ignorant society." He suggested that sitcom writers "put more intelligence back into [the sitcoms they write] and be more controversial." Ben Wimett said that sitcoms have "gotten more about sex, not about plot." He also said that "corporations have turned TV shows into advertisements." He suggested that sitcom writers focus more on families and relationships and less on sexual humor.

While it may seem like the death of the situation comedy is inevitable, the same was said twenty years ago. In the early 1980s, in a television climate filled with prime-time soap operas like Dallas and action dramas like Magnum, P.I., many television critics called the sitcom dead, but then in 1984, Bill Cosby came out with his namesake comedy about the lovable Huxtable family, thus single-handedly resurrecting the sitcom and ushering in a new era of great sitcoms, including Cheers, Roseanne, Seinfeld, Fraiser and Friends Hopefully another comic genius can come up with a new innovative sitcom that will bring viewers back from the reality shows and dramas.

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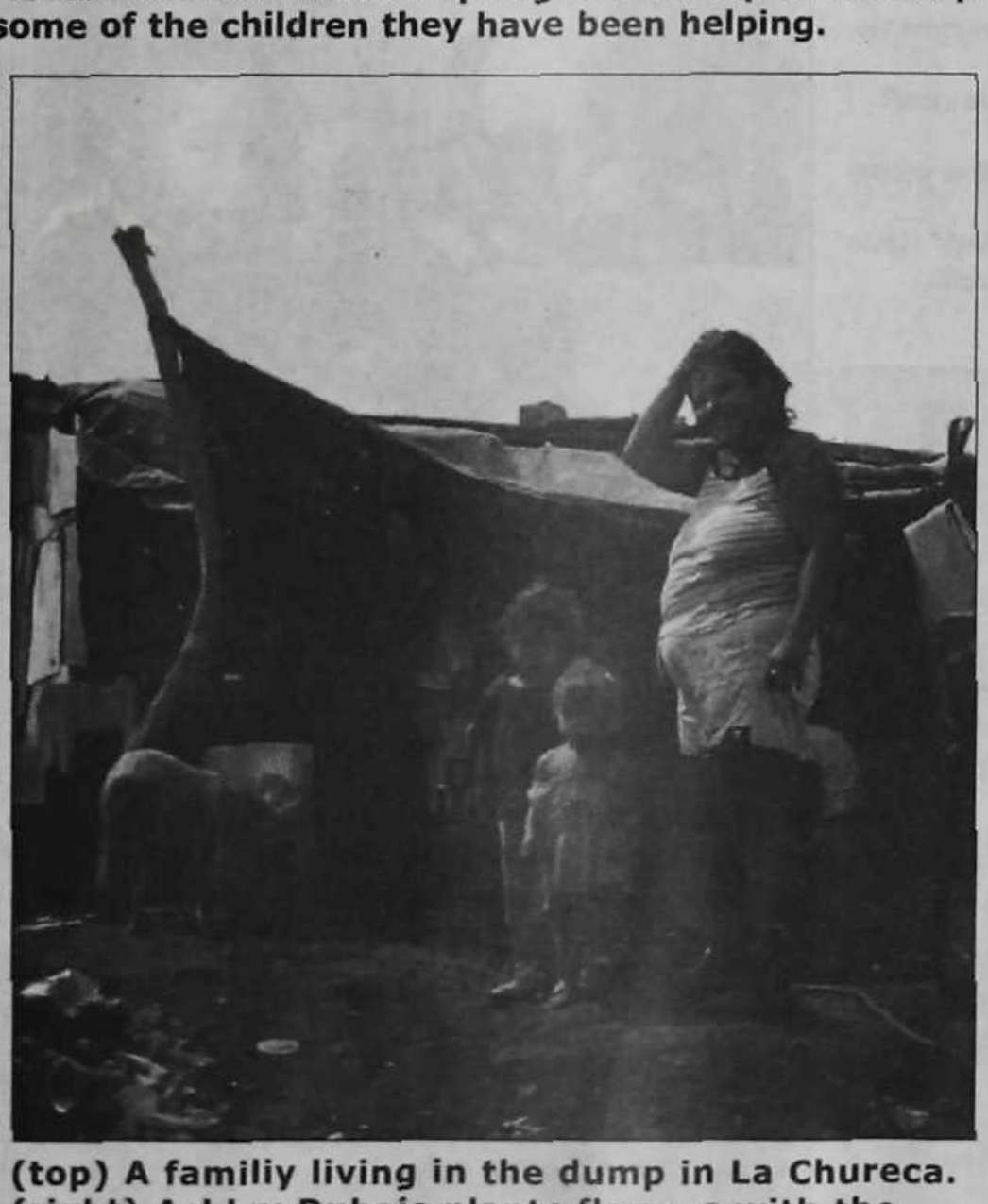
News

ASB Makes a Difference in Nicaragua

Ashley Dubois and James Lawless help some of the children plant flower seeds.

Members of Alternative Spring Break stop to take a picture with some of the children they have been helping.



(top) A familiy living in the dump in La Chureca. (right) Ashley Dubois plants flowers with the children.

Alcohol Awareness Month

By Sarah Christie & Laura Drmmond
Student Nurses Association

At one time or another, the majority of individuals at Castleton have enjoyed their share of alcoholic beverages. So in correlation with this fact this article will focus on April's health topic, alcohol awareness and the impact that alcohol has on college students' nationwide.

Alcohol abusers, people who drink excessively, are a diverse group of individuals. Young, old, rich, poor, you name it and most likely there is an alcohol abuser in that group of people. In the college age group those abusers come in the form of students who binge drink at local bars, dorm rooms, parties off campus, or out in a Vermont field. Among the college faculty, professors and other staff who work on campus, an abuser drinks after a long day of work. And even in a larger society there are senior citizens who drink because of loneliness or pregnant women who drink and put their future child at a great risk for fetal alcohol syndrome.

Many negative consequences among the college population in the United States have occurred due to alcohol abuse. Academic problems, mental and physical health problems, unsafe sex, death, drunk driving, and sexual abuse are just some of them. Facts and figures related to these topics are quite startling. More than 150,000 students develop an alcohol-related health problem and between 1.2-1.5 percent of students indicate that they tried to commit suicide within the past year due to drinking or drug use, according to the National Institute on Alcohol Abuse and Prevention (NIAAP). Also during 2002, 400,000 students between the ages of 18 and 24 had unprotected sex while under the influence and more than 100,000 students in the same age group report being too intoxicated to know if they consented to having sex (NIAAP). In direct relation to that topic, more than 70,000 students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape. And then even in greater numbers are the 600,000 students that are assaulted by another student who has been drinking. Sadly, death is the ultimate price some people have paid for alcohol abuse. Each year 1,400-college students between the ages of 18 and 24 die from alcohol-related unintentional injuries, including motor-vehicle crashes. And those who are injured each year under the influence of alcohol number 500,000. These numbers depict what great sacrifices college students have given to alcohol abuse.

If you drink, drink responsibly. Make it a goal to maintain a "safe level" of drinking while you party. This is defined for most adults as moderate alcohol use; up to two drinks per day for men and one drink per day for women and the older population. A "drink" in this definition is one 12 oz bottle of beer or wine cooler, one 5 oz glass of wine, or 1.5 oz of 80 proof distilled spirits. This level of drinking causes few if any problems. There are a few populations of people who should not drink at all, pregnant women or those trying to get pregnant, people who plan to drive or engage in other activities that require alertness and skill, people taking certain over the counter medications, people with medical conditions that can be made worse by drinking, recovering alcoholics, and people under 21 (it's the law).

If you or someone you know needs help or more information on alcohol abuse, you can contact the Wellness Center, and more broadly you may seek additional help through calling or going online to reach programs such as Alcoholics Anonymous (AA),

Al-Anon, the **National Council on Alcoholism and Drug Dependence, and the National Institute on Alcohol Abuse and Alcoholism (NIAAA), where all the information in this article came from.**

Feature

Student

Continued from page 1

Lattuca. "She will do an excellent job."

As president Lattuca could be either an asset or a liability, said Angis. She is an asset because of her life experience. This life experience gives her better time management skills, organization and team work. She is a liability because she has no campus living experience; she also has a lot of responsibilities at home. Most importantly, she isn't a peer of the majority of students on campus but, the overall reaction with Lattuca to the students is very positive, said Angis.

One student, Elisa Beatty, a current student and former Student Association Finance board chair, said "Tammy is groovetotious!"

Tara Hogue, a current student and former SA Vice President of Activities said, "Tammy is very organized and on top of things, she has done SOS for two years and is coordinating it this summer."

Lattuca also said that as president she would like to create a college campus in which everyone on campus can do what they want to do without being scrutinized. She wants the commuters and non-traditional to get involved on campus.

"I don't feel like a non-traditional student. I see myself as any other student," she said.

Marker

Continued from page 1

were performed, and in 1997 when Harry joined the department, he gave Frost the extra backing needed to continue May Days as an annual tradition that goes on even today.

Another major influence in the theatre department's evolution was the efforts of its chair at the time that McEnemy was hired, Professor Roy Vestrich. Having already been at Castleton for three years, Vestrich himself had been witness to the under-representation of the work of the department's own students, and saw a problem with the Fine Arts Center's reluctance to hand the space over to the students who were so desperate for the opportunity to see their work put up onstage. "We want college to be an opportunity," Vestrich stated in an interview, "for students to experiment and get their stuff up in front of an audience."

Vestrich and McEnemy agreed that a change had to occur, and together they drew up a proposal for a complete remodeling of the Theatre Department's curricular agenda. In it, it described a full academic year to include three department productions, and two "student-driven" shows: the already existing May Day Plays, and Senior Project. Soon the proposal passed, change began to initiate and McEnemy was elected the new Chair. The Theatre Department had officially begun to build itself to what is has become today.

For those who may not have already done the math, this coming May marks a decade since Castleton began to truly take strides toward a greater representation of theatre. This spring, as Castleton celebrates the 10-year anniversary of its Theatre Department's May Day Plays, Harry has asked some Department Alumni to return to our stage to re-live some of the shows that have highlighted the past 10 years of Castleton's student-driven theatre. As is McEnemy's educational philosophy, "students learn by doing theatre," and that, "plays are a collaborative art by nature...meant to be seen."

This year's May Day Plays will be held Wednesday, May 11 at 7 p.m. on the Fine Arts Center Main Stage.

BACKSTAGE TOTAL ACCESS

Castleton State College Fine Arts Center

Friday, April 22 - starting @ 5pm

!!Free!!

FEATURING

MORGAN CREEK, BLUE CAT GROOVE, JUDE, FACEPLANT, FALL LINEUP, CLASS CLOWN, NICOLE HYNES, SARCASM, SIDPA BARDO, AND TWIDDLE

Celtics

Continued from page 8

young aggressive big men like Kendrick Perkins and Al Jefferson to take it the big man. Shaquille O'Neal might be big, but he tires easily and he's getting pretty old; SO TAKE IT TO 'EM, YOUNG BUCKS!!! It will be a hard-fought battle in seven games, and the Celtics win it in seven after a double-overtime victory in game seven, in Miami.

So there, does it looks possible now? I know, you're saying I'm still nuts, but that's OK. Let's sit back, and enjoy what probably has been the most exciting Celtics team since the Big Three (Larry Bird, Kevin McHale and Robert Parrish) in the playoffs.

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Save the Children Club

The new Castleton Save the Children club will be hosting a bonfire for the college community on Thursday April 28th at 9pm in the barbecue pit outside of the fireside cafe, by the ampitheater. In order to reach their goal of feeding and schooling 100 children in the 3rd world for a year, the club needs to raise $3,400. (It only costs 19 cents a day to feed and school a child in a poor country!) Ingredients for you to make smores or roast a hot dog over the bonfire will be available by purchasing a $2.00 50/50 raffle at the bonfire. Come enjoy a nice outdoor fire complete with smores, hot dogs, and good music--all while helping Castleton's Save the Children club to feed and school poor and starving illiterate children. (And, you just might with the 50/50 raffle!) In case of rain the fire and raffle will be held in the fireside cafe.

Feature

Outsider Art Seeks Recognition

By Nancy Golash
Cairn Staff

Collectors are snapping up paintings, and some amateur artists are finally earning respect from the art-world.

Outsider art is considered a new art source that was previously overlooked by the art community, stated the website of Galerie St. Etienne, an art gallery in New York City.

According to another website, www.spyrock.com/nada-farm/outsider.html, outsider art is "honest" work by self-taught artists that "express the truth."

It lists types of artists: "the naïve...innocent...self-taught, the visionary...intuitive... the eccentric." This also includes work by the emotionally and/or developmentally disabled, tramp art, prison art, folk-art, native or primitive art, and art by African sign painters and coffin carvers.

The website says that artist Jean Dubuffet of France calls this "Art Brut," or "raw art." It's a preferable term for some artists and collectors, who can take offence at the label outsider art.

Photo by: Beth Pantzer

If you Google for images of outsider art, you will find Red wild-haired demons in crayon, a pastel drawing of a Victorian lady lounging in a field by the sea with her dogs, a painted roughly carved sculpture of a dancing couple doing the jitterbug, and an oil on board painting depicting a dark, sinister planet with a rocket ship taking off.

Julie Haaigema, an upcoming art student at Castleton, says about this type of art form: "I've heard of it. I think that all forms of art are interesting to see."

Willa Johnson of Chatham, N.Y., who has been collecting folk-art for 20 years, says she prefers the term raw art, because she thinks "outsider art implies that the artist doesn't belong in the art world...I think the term is wrong. Like many (of the) more well-known artists, raw art can be insightful, beautiful, meaningful, candid, and intense. I love it."

According to Johnson, "the works of African-American artists—especially those from the Southern U.S.—are gaining in both popularity and price."

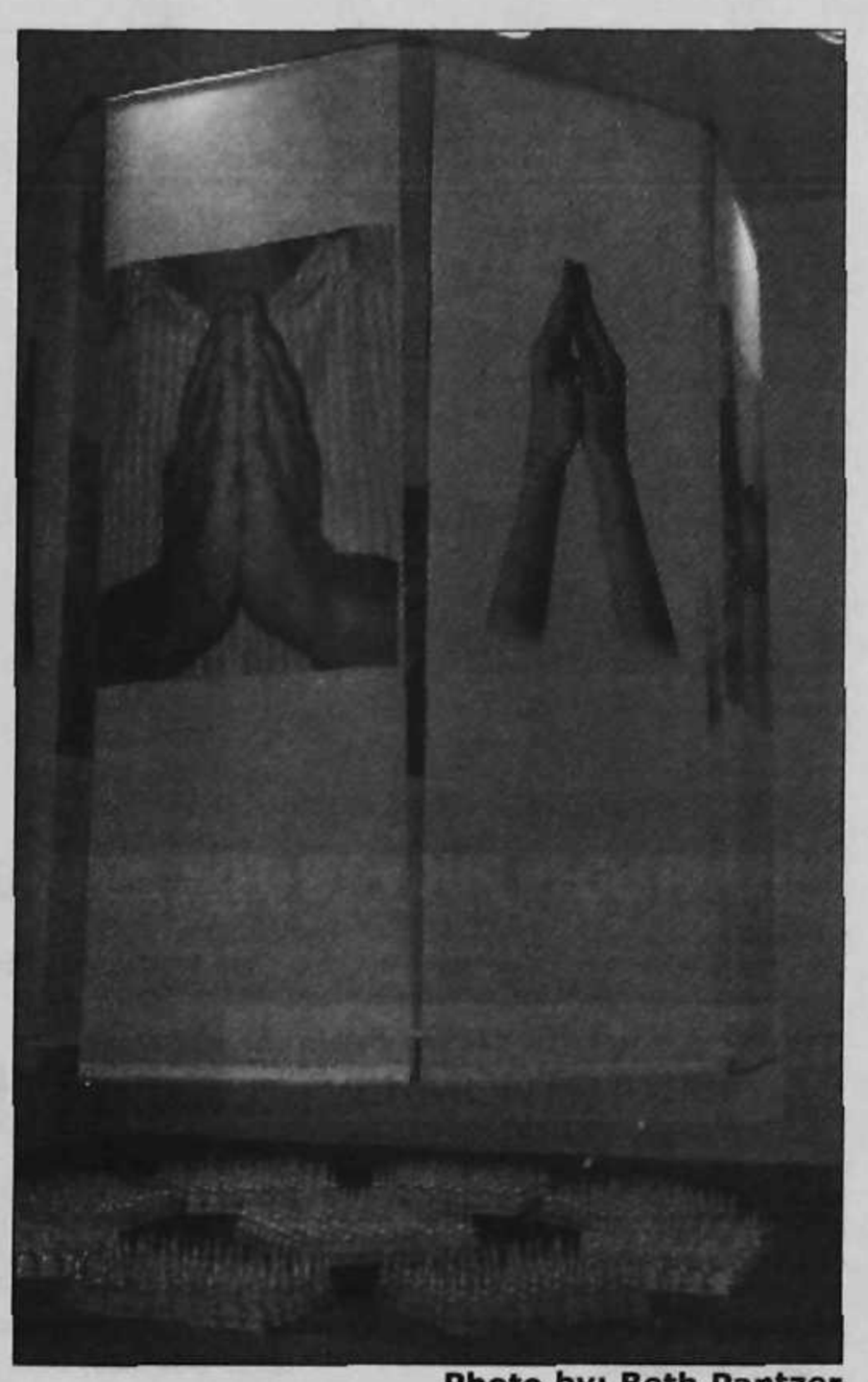


Photo by: Beth Pantzer

Johnson says at a big folk-art auction in New York City, the art of African-Americans and other raw artists outstripped other types of items in price. "Many folk art pieces, like a weather-vane for instance, didn't meet the minimum bidding price. Yet these paintings went for $10,000 or more."

The website www.the-livingweb.net has comments from various collectors. Professor Crotty from Cal-Tech University in Calif. says, "Probably the greatest joy from collecting this kind of art is that you can easily meet the artist."

Future

Continued from page 1

Helen Mango, a seminar on bullying with Castleton students and professor Terry Bergen, and a tour of the video production studio from Castleton students Koran Salem, Dan Wooding and Adrian Hill.

The day culminated with a living history presentation by Castleton professor Mike Austin. The presentation was an interactive seminar on the Continental Congress complete with period costumes.

"The kids got so involved. Living history is such a way to teach," Susan Simon, a former elementary school teacher and administrative assistant for the Castleton Center for Schools.

This is not the first connection with FES from Castleton, John Paul, assistant director for the Castleton Center for Schools, said. In the fall, the Castleton soccer team teamed with the Mettawee Elementary School for a day of goal setting and soccer. The elementary students then came to see the Spartans play. This spring the team will revisit the Mettawee kids to see the student's progression.

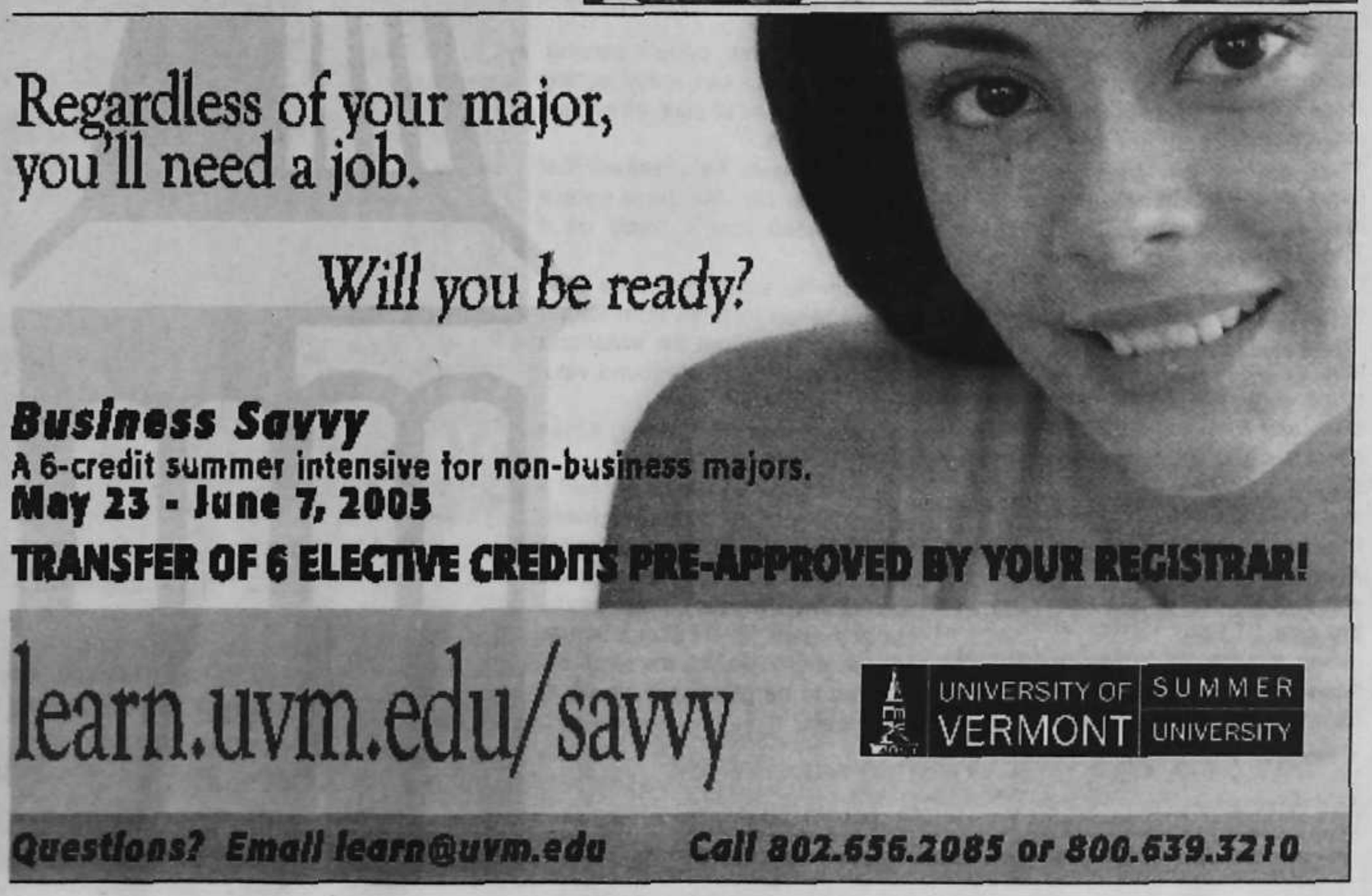
The field hockey team and education club have done similar projects. Most recently, Castleton students from the Community Service Club spent time with the Plymouth Elementary School. Later in the spring the entire school will come to campus to act as college students for the day.

"One thing is certain-each youngster who was there left with a strong desire to go on to college. Hopefully we will be able to do it again next year," Tom Yahn, program director for FES in Vermont said.

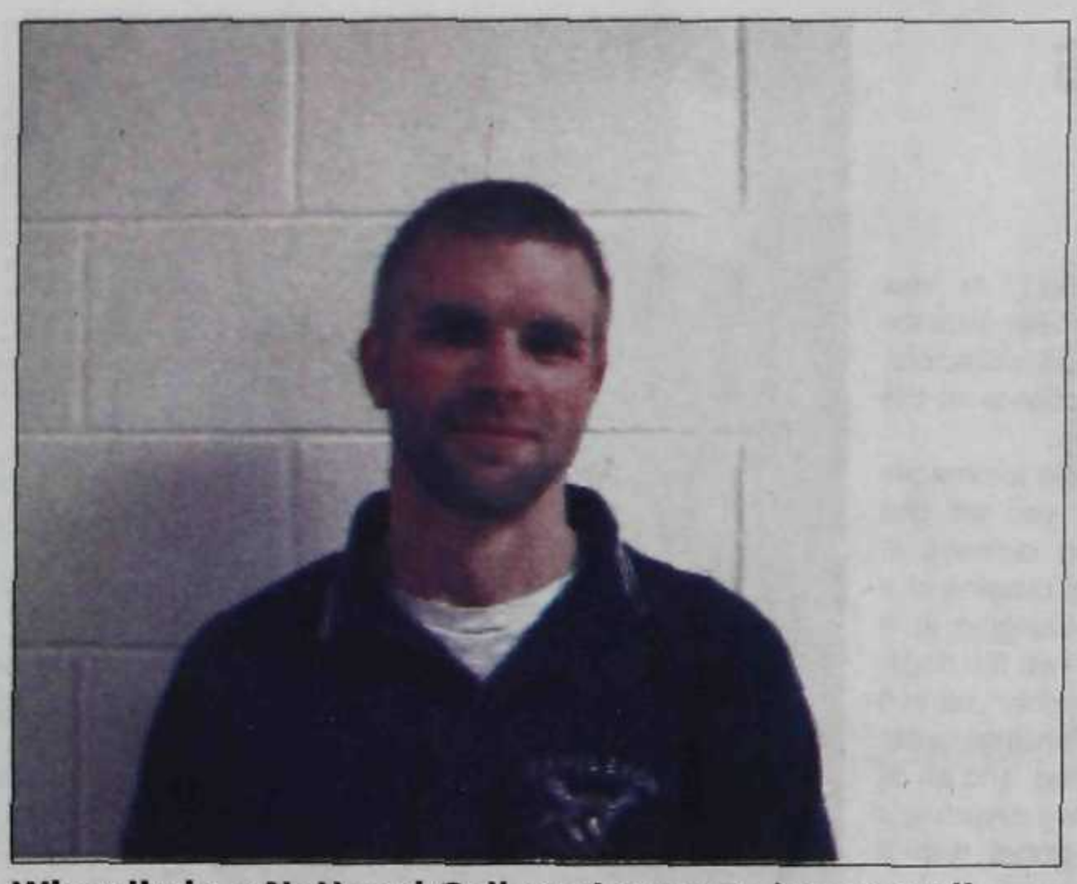
for more information, visit http://www.fesnet.org/.

Photo Right: Students get involved by dressing in clothing from the era

Photo from: Mike Austin



Sports



Wiezalis is a National College Lacrosse League All-Star.

Photo by: Beth Pantzer

Wiezalis Brings Experience to lax

By Jeffrey Seals
Cairn Contributor

Allen Iverson may have the title, but it seems like David Wiezalis may be the men's lacrosse program's own answer. The Syracuse native brings many chips to a very open table. Wiezalis, a former lax star, looks to use experience as player to help pump air into a winded Castleton State College team.

"You have to have patience; it takes years to have an identity in lacrosse," said Wiezalis.

Double-decade experience and being a National College Lacrosse League All-Star gives him a heads up on things and more than a little insight. He has a tremendous amount of resources and can call on other coaches for advice.

Wiezalis hopes to make the players very comfortable with the game.

"I want them to reach that point where a rough game turns to a finesse one," he said.

However, getting there is a process. Basics like conditioning and fundamentals are just the beginning.

"The mental game is huge in any sport. We have a few guys who've never played at a collegiate level and they'll have that tunnel vision. With just playing you learn to cool down and see the field," said the former four-year starting attackman.

Wiezalis has got the right mindset already and is aiming to turn around the program and get things respectable. The former youth coach would like to change the outlook to make Castleton's players students, then athletes, and move on to being members of the community.

Building chemistry is important and as a former player Wiezalis feels he needs to motivate his players and get them adjusted to playing as a team.

One of Wiezalis' goals is to "get them used to being coached, whereas the last couple years some may have been used to coaching themselves." Those past results were disappointing: a record of 12-35 the past five years.

Turn things around how quickly?

"I'm not expecting overnight results," Wiezalis said.

Wiezalis knows success takes patience, from growing up in lax country where the sport was thought about and played year-round.

The former University at Buffalo star lives and breathes lacrosse. His wife is a volunteer at the Rutland recreation center and he still plays in men's leagues. He also looks forward to the UB alumni game every year where all the awe and juices come back into flow.

"I never get sick of it, competition back (at UB) was top notch and it always gives me the itch to play," he said.

Normally it'd be extremely difficult for a former player to be stuck on the sidelines, but Wiezalis has adjusted to it. "It's challenging to sit and watch when you want to play but, just seeing them make leaps and bounds makes me happy and proud to be part of it all," he said.

Masterfully he transforms all that from knowing what needs to happen and give concrete specifics ways to instruct: something only a former player can do.

The second-year coach feels pretty comfortable being on the sidelines; after all, he's been playing for over 21 years and the game is second nature to him.

He focuses on teaching clean, disciplined play.

"The team's first, pride's second, winning is last, and really getting the guys to think of each other as a team," he said.

As a player he's learned that every player fits. "All these people have a need and a place on a team."

From his experience as a player, he's taken lectures from former coaches, thrown out the trivial and stocked up what's he's found valuable.

"If I remember (as a player) it then it's important to tell," he said.

Last year, the Spartans had a very young team with nine freshmen playing at a new collegiate level. Goal leader Derek Damico returns and the team didn't graduate any stars. Even after a whole season with Wiezalis, the team still appears to be green. It's his job to ripen them.

The Celtics in The NBA Finals? Here's How

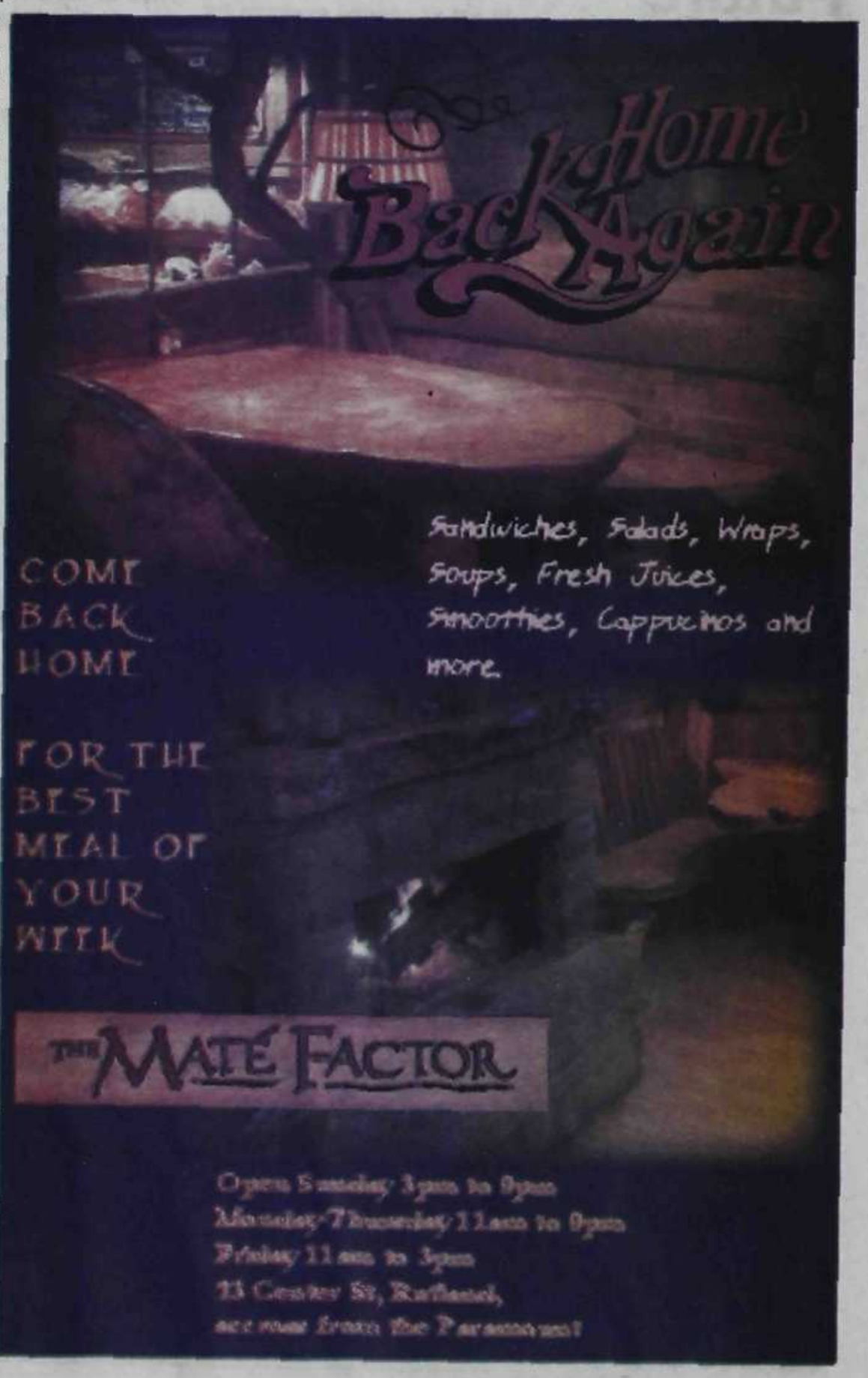
By Justin Davis
Cairn Contributor

The Boston Celtics will be the 2005 Eastern Conference Champions. There, I said it. Now before everyone goes nuts, just listen for a few minutes. Let me break down the potential playoffs, and show you exactly how Boston will win.

It's looking right now the Celtics will hold on to the three seed, and home court advantage is still left undecided. Home court really doesn't matter, because after the first round the Celtics will lose it anyway. The potential first round matchup looks to be against Gilbert Arenas; well the Washington Wizards, but mainly Arenas. The Washington Wizards have absolutely no defense whatsoever. They close their eyes, jack the ball up toward the hoop and after four quarters, open them, and pray they have the bigger number. The Celtics' only loss to them was in November, in overtime. With any defense at all, and the Celts win this one in four or five.

After the Detroit Pistons manhandle the Chris Webber-less Philadelphia Sixers in five games, the matchup against the Celtics turns out to be one of the best in history. The key to the Celtics' winning comes down to the duo of Antoine Walker and Paul Pierce.

When the Celtics made their 2002 run in the playoffs it was Walker and Pierce who carried them on their backs. The same goes here. During the season, after a blowout in January (Detroit won), these two teams played three very close games, two going into extra minutes. In the two close games in overtime (Celtics took the first 115-113), Pierce had 38 and 32 points, with a double-double in the win. Walker will undoubtedly have to crash the boards. For once the Celtics will have to play a little defense, but after three overtime games, the Celtics will win it in six. The unsung hero of the series will be Tony Allen. He will be the highlight reel, with not only superb offensive ability, but outstanding defense.

And finally, the Celtics will go visit the cheering crowds of the Miami Heat. Those people finally have something to cheer about since before Dan Marino retired. Here is where the quality of "big men" will carry the Celtics. What about Miami's Dwyane Wade? you ask. Well, Pierce is a proven veteran, and won't be denied a trip to the championship by a second-year player. The biggest concern is the big Shaq Attack. Well, for seven games just call it "Hack a Shaq". The Celtics use

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